

Glenwood Cross Country Meet

October 19, 2022

Starting Time:

11:30	Junior Girls(9-10)	1 mile
11:45	Junior Boys	1 mile
12:00	Intermediate Girls (11-12)	1 ½ miles
12:20	Intermediate Boys	1 ½ miles
12:40	Senior Girls (13+)	2 miles
1:10	Senior Boys	2 miles
1:40	Girls Road Race (4 th and under)	1 mile
1:55	Boys Road Race(4 th and under)	1 mile
2:10	Girls Road Race(5-8 th)	1mile
2:25	Boys Road Race(5-8 th)	1 mile

7 Runners per division except Road Race unlimited

Awards:

1st medal 2–14 ribbons All Divisions

Road Race Ribbons 1-75

Concessions Available.

*****Our Glenwood BETA is having Pink Out Day for cancer awareness and we are inviting all runners to wear some type of pink with their uniform.**
