2019 ABSARAKA CONFERENCE CROSS COUNTRY MEET

DATE: Friday, October 18, 2019

TIME: Girls -2:00 p.m., Boys - 2:45 p.m.,

Awards– 3:30 pm

ENTRIES: We have set the meet up at http//www.runnercard.com. Please go to this site and create an account to enter your athletes. The meet is listed as the Absaraka Conference Cross Country meet. **The deadline to sign up is Thursday, October 17th at 1:00 pm**.

COURSE LENGTH: 5K – Boys and Girls

AWARDS: **Boys & Girls Varsity** – Top 10 places will receive medals and All-Conference recognition.

LOCATION: We will be hosting these races at the Douglas Community Golf Courses.

COURSE MAPS: Course maps will be available in your participant’s packet.

COURSE SURFACE: Paths that will be used are grass or gravel.