

Timpanogos Cross Country Invitational

Lakeside Sports Park

400 South 1850 West, Orem, UT

Race Schedule:	Friday, August 30, 2019
3:00 PM Packet Pick up	5:30 Junior /Senior Boys
4:00 Freshman / Sophomore Girls	6:00 Varsity Girls
4:30 Freshman / Sophomore Boys	6:30 Varsity Boys
5:00 Junior / Senior Girls	7:00 Awards

Awards: Awards will be given to the top ten finishers in each race.

A trophy will be given to the Top two Varsity men's and women's team.

High School Fees Entry fee is \$100 per boys' and girls' teams, \$200 total per school. Any school that enters 10 runners or less total in all classifications will pay one entry fee of \$100. Individual runners entering without a full team will pay \$10 each. Any school entering more than 100 athletes will pay \$5 per athlete over 100. Any late entrants will be charged \$10 per athlete. Please make checks payable to Timpanogos High School and bring day of the meet or mail prior to meet.

CREDIT CARD PAYMENTS: CALL 801-610-8175 EXT 365

Make Checks Payable to:

Timpanogos High School

1450 N. 200 E Orem, UT 84057

Course: The High school course is a 3 miles. 99% grass with some concrete. It is very spectator friendly. Flat and Fast.

Registration: Please register on runnercard.com

Registration closes Wednesday August 28, 8:00 PM.

Parking and restrooms: There is ample parking at the park for cars and busses can park in the Church Parking lot or Vineyard Elementary just South of the Park. Clean restrooms are available at the park.

Jody Benson, Cell: 801-368-4521 Email: jodylbenson@alpinedistrict.org

