**Jackson Heights Middle School Invitational**

**Cross Country Meet**

**Monday September 16, 2019**

**LOCATION**: Jackson Heights MS/HS. The course is just south of the football stadium.

**PARKING:** Please park busses in the parking area just north of the football stadium.

**PARTICIPANTS**: Royal Valley, ACCMS, Holton, Jeff West, McLouth, Nemaha Central, Doniphan West, Everest, Pleasant Ridge, Oskaloosa, St. Benedict, Topeka Public Middle Schools, and Jackson Heights

**STARTING TIMES**: 4:00 pm – Girls - 3200 M (7th & 8th will medal separately)

(Times are Approx.) 4:20 pm – Boys - 3200 M (7th & 8th will medal separately)

**ENTRIES**: Open the ‘XC Participants Form’ that is attached, click File and then select Make a Copy. Complete and email back the copy by Wednesday, September 11, 2019. Email to: samantha.carson@jhcobras.net

**AWARDS**: Awards ceremony will take place in front of the home bleachers on the football field. Please have your parents and fans sit in the bleachers for the ceremony.

**ENTRY FEE**: $8 per entry up to five entrants or $40 per school. Mail to:

Samantha Carson

Jackson Heights High School

12719 266th Road

Holton, KS 66436

**CONTACT:** Samantha Carson

 Email: samantha.carson@jhcobras.net

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