

# Jackson Heights Middle School Invitational Cross Country Meet

**Monday September 13, 2021**

**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:** Jeff West, Holton, McLouth, ACCMS, Royal Valley, Nemaha Central, Everest, NEK Saints, Cornerstone and Jackson Heights

**STARTING TIMES:**

(Times are Approx.) 4:00 pm -7th/8th grade Girls - 3200 M

4:25 pm -7th/8th grade Boys- 3200 M

The Boys Race will begin immediately following the girls race.

**ENTRIES:**

ENTRIES ARE DUE BY THURSDAY, SEPTEMBER 9th at NOON

Entries can be completed on athletic.net.

Athletic.net instructions will be attached on how to submit your entries. If you do not use athletic.net you can email entries with gender and grade to:

[chris.appuhn@jhcobras.net](mailto:chris.appuhn@jhcobras.net)

**AWARDS:**

Top 5 in each division of each race will receive a medal.

**PROCEDURES:**

The medals ceremony will be after the conclusion of the boys race on the track in front of the home stands. NOTE: If we get a large number of entries, the number of medals given could increase.

Parents and spectators are not allowed inside the roped off areas. These areas (starting line and finish line) will be designated for athletes and coaches only.

**PACKETS:**

Team packets can be picked up upon arrival at the finish line area.

**ENTRY FEE:**

\$8 per entry up to five entrants or \$40 per school. Mail to:

Chris Appuhn  
Jackson Heights High School  
12719 266th Road  
Holton, KS 66436

**CONTACT:**

Chris Appuhn

Email: [chris.appuhn@jhcobras.net](mailto:chris.appuhn@jhcobras.net)

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