

Jackson Heights Middle School Invitational Cross Country Meet

Monday September 14, 2020

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, Everest, Pleasant Ridge, Oskaloosa, St. Benedict, and Jackson Heights

STARTING TIMES: 4:00 pm – 7th Girls - 1600 M
(Times are Approx.) 4:15 pm – 7th Boys - 1600 M
4:30 pm - 8th Girls - 3200 M
5:50 pm - 8th Boys - 3200 M

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 9, 2020. Email to: samantha.carson@jhcobras.net

PROCEDURES:

- Masks will be worn during warmups. (not required during the competition).
- Medals will be handed out at the finish line with no medal ceremony to avoid big crowds in one place.
- 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.
- Parents are encouraged to take their athlete home after the conclusion of their race.
- Athletes done with competition should remain away from starting and finish line areas.
- Social distancing should be maintained as much as possible.

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

Samantha Carson
Jackson Heights High School
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Holton, KS 66436

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