

2016 METRO CROSS COUNTRY CHAMPIONSHIP

MEET INFO

Tuesday, October 18, 2016 Steeplechase Course

3:30—JV GIRLS

4:00—JV BOYS

4:30—VARSITY GIRLS

5:00—VARSITY BOYS

5:30—Awards

Entry Fee: \$80.00 for each team, girls or boys; \$150 for both; no charge for JV

The entry fee pays for the timing system, park usage fee, police, toilet facilities, awards, and medical personnel.

ONLINE ENTRIES: All Varsity and JV entries must be entered online at www.alltraxtiming.com. (Should be up by October 1st) To enter runners, click on Metro Championship and then on Online Entries. There will not be separate entries for JV and Varsity; just register your entire roster. There is a \$25.00 additional charge for late entries on Monday.

Each team must run 7 varsity runners in order to be able to enter athletes in the JV race. Please use integrity in selecting your teams. The JV races are for those who won't often get the opportunity to run with the varsity—this is their chance to shine. So, except for unusual circumstances, your top seven runners should be in the varsity race.

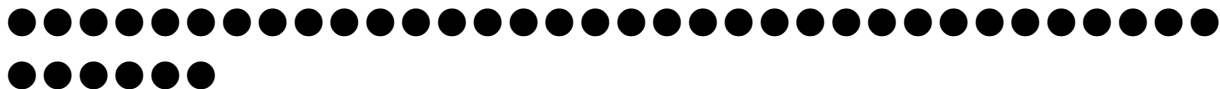
Awards

JV: Trophy for team champs; medals for top 15 individuals

Varsity: Trophy for 1st, 2nd, 3rd and 4th place teams; medals for top 25 individuals

******* Entry deadline is midnight Friday, October**

14.*****



RESULTS: Will be available online at www.alltraxtiming.com and other running websites. Results will be posted at the meet as soon as possible after each race.

ENTRY FEES: Checks should be made payable to: “Harpeth Hall School.” Mail to Harpeth Hall c/o Liz Nelson, 3801 Hobbs Road, Nashville, TN, 37215

Meet Director, Jenny Jervis, Harpeth Hall School
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