



Arrowhead Grade School Cross Country Run Friday, Sept. 24



Who: All ages and abilities welcome!

Location: Arrowhead High School, 800 North Avenue, Hartland
On the Mike Mulrooney Cross Country Course
NW Corner of School Grounds – just south of Hwy K on practice soccer fields.
Park in lots north and east of north campus.

Race Times:

5:00 – Girls Grade 5k & younger - ¼ mile run – No registration needed. Just show up to the starting line.
5:05 – Boys Grade 5k & younger - ¼ mile run - No registration needed. Just show up to the starting line.
(Parents may accompany their runner in the 5k & younger race.
This is a participation run only. No printed results. But Ribbons for all!)

Please arrive early if you are in the following races. Please pick up your race tag at the race check-in location near the North Campus building / pool doors / door 9 and door 10. You must wear a race tag when you run. Those tags will be collected by meet officials at the finish line.

5:10 - Girls 1st & 2nd Grade Half Mile Run
5:20 - Boys 1st & 2nd Grade Half Mile Run
5:30 - Girls 3rd & 4th Grade Mile Run
5:45 - Boys 3rd & 4th Grade Mile Run
6:00 - Girls 5th & 6th Grade & 7th & 8th Grade Mile run – Awards will be separated between these 2 age groups
6:15 - Boys 5th & 6th Grade & 7th & 8th Grade Mile run – Awards will be separated between these 2 age groups

Awards: Medals to the top 12 runners in each division (except the 5 & under ¼ mile run). Ribbons to all finishers. Trophies to the winning teams in the half mile and mile races.

Sign-up at your school - with your PE teacher, Race Coach or Race Coordinator

Race Course: Course is on the practice soccer fields north of north campus and through the woods on the west side of the practice soccer fields. Parking should be in the lots northeast of north campus. Finish will be at the big inflatable arch. Start lines will be adjusted depending on the race distance.

For Sale: T-Shirts & Concessions will be for sale

Race Directors: Arrowhead Cross Country

Head Boys Coach – Mike Ray – runrazor@gmail.com

Head Girls Coach – Curt Kaczor – warhawkscrosscountry@gmail.com

Meet Manager / Timer – Jill Bradley – jillbradley01@gmail.com or marctrackcc@gmail.com

Results: Posted on milesplit.com, the AHS website (www.arrowheadschoools.org) under boys cross country and girls cross country, and emailed to your school entry coordinator / coach.