



# CROSS COUNTRY CHAMPIONSHIPS 2016

## Schedule of Events: October 15, 2016

10:00 AM – COAL Boys Race (all runners)

10:30 AM – COAL Girls Race (all runners)

11:00 AM - MOAC Blue Division Boys Race (maximum 10 runners per race)

11:30 AM – MOAC Red Division Boys Race (maximum 10 runners per race)

12:00 PM – MOAC Blue Division Girls Race (maximum 10 runners per race)

12:30 PM – MOAC Red Division Girls Race (maximum 10 runners per race)

1:30 PM – “Tall Grass Trot” Open Race – Open to runners of all ages

## Baum's Page

Please go to [www.baumspage.com](http://www.baumspage.com) log in and submit your roster for the MOAC Championships Please instruct your middle school coaches to do the same. The entry window

*Coaches pick up packets at the finish line/camps in area north of the school building near softball field.*

*baumspage - 10/12 12 Noon*

## Awards:

- Top 7 runners in each varsity race will be 1<sup>st</sup> team MOAC
- Runners 8-14 will be 2<sup>nd</sup> team MOAC
- Runners 15-21 will be Honorable Mention MOAC

\*\*\*The course will start and finish on the west side of Harding high school. It is a one-loop course on a very flat surface. The course will be held 100% on grass with one bridge crossing. Spikes of any legal length will be fine. Buses may drop off participants in east lot, and then park in east lot near soccer field. Instruct spectators to park on the east or west sides of the building (student and visitor lots).

\*\*\*Gator ATVs will lead and follow each race.

\*\*\*Concessions will be available at the meet. We will also be selling t-shirts for \$10. Please inform your athletes.

\*\*\*There will also be a \$5.00 per vehicle parking fee.

\*\*\*“Tall Grass Trot” race will begin at 1:30 PM. No entry fee. Limited number of t-shirts available. Gator will lead the race.