**Head coach: Becki Hanson**

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**Race schedule**: 3:30 Middle school boys and girls 2600 meters

 3:50 Girls JV 5000 meters

 4:25 Girls varsity 5000 meters

 4:55 Boys varsity 5000 meters

 5:25 Boys JV 5000 meters

TIMES ARE APPROXIMATE! We will try to run ahead of schedule if possible! **The middle school race is reserved for athletes in grades 7 and 8 only. You may run up to 8 athletes in the varsity races**.

**Awards**:

Awards through 10th place in all races

**Meet location**: The location of the meet is at the Ponds Golf Course which is located approximately ¾ of a mile east of the High School. Parking is located on the north side of the road.

**Buses and parking:** Buses may drop athletes off on the south side, near the driving range, then need to go to the Legion to park. (Legion is just west of the Ponds). NOTE: Only one bus may drop off at a time due to space limitations. Spectators are asked to park in the lot on the north side of the road by the club house and use the tunnel to get to the meet. Please pass this information on to your spectators.

**\*\*\*PLEASE USE THE TUNNEL TO GET TO THE MEET LOCATION WHICH IS ON THE SOUTH SIDE OF THE ROAD. The tunnel is located to the east of the clubhouse. There will be signs directing you to the tunnel from the parking lot.**

**ATHLETES, SPECTATORS, AND COACHES ARE NOT TO CROSS THE ROAD AS IT IS BUSY. USE THE TUNNEL!!**

**Please adhere to the following regarding the golf course:**

* Leave the golf course in the condition in which you find it
* Do not go on the greens, tee boxes, sand traps or in the water
* Stay out of the clubhouse
* No pets on the course