

Gallia Academy Hoka 2-Miler

HOW DO YOU STACK UP AGAINST THE COUNTRY'S BEST?!

We cordially invite your team to participate in our upcoming 2-mile run, which will be held on Monday, October 9th at Gallia Academy High School. Both boys' and girls' teams are welcome to compete with no team entry fee on our new cross-country course.

“Between the 1960s and the late 1980s, U.S. high school teams would run a 2-mile on the track towards the end of the cross country season. This included regional meets with numerous teams, local dual meets, or just teams time trialing at their fittest. Schools would cumulate their top 5 fastest times from those competitions and “post” them via mail to Track and Field News. The magazine would compile the results and rank the top teams in the nation each year.

The HOKA Postal Nationals are bringing that tradition back with a series of affiliated events comprising races of 2 miles (or 3200m) on the track. Between August 23rd and October 31st high school-aged teams will form clubs to compete in a local event with multiple teams or as an intrasquad event against teammates. Clubs will add up their top five times and “post” them via the Postal Nationals website and compare their team with the best in the nation.”

From Hoka Postal Nationals Official Site.

Date & Location:

Monday, October 9, 2023

Gallia Academy High School - 2855 Centenary Rd, Gallipolis, OH 45631

Time Schedule:

Coach's Meeting: 4:30 p.m.

Senior Night: 4:45 p.m.

Youth Fun Run: 5:00 p.m. | 1600M

MS Boys & Girls: 5:30 p.m. | 1600M

HS Boys & Girls: 6:00 p.m. | 3200M *Hoka Postal Nationals*

Awards: Hoka branded awards will be presented to individuals as they complete the high school race. We will have different awards for MS & Youth.

*Every coach that submits team results to HOKA Postal Nationals will receive ONE FREE PAIR of HOKA shoes at the end of the season, limited to high school results only *

Registration:

Registration is available now on [Baums Page](#). **Entries are due on Sunday, Oct, 8 at 12:00 PM.**

The Youth Fun Run is **free** to all kids, registration is at the finish line, and results will be emailed to the coaches from the fun run. Terry Young will be at this event for FAT with SEO Timing.

MISC.

Concessions will be available near the bleachers. Buses can drop athletes off in the lower parking lot near the track and then park in the upper parking lot. Spectators are to park in the lower parking lot. Team Camps can be set up near the bleachers and/or tennis courts. Only competing athletes & coaches should be on the track.

Questions?

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