

2016 Federal Hocking Invitational Cross Country Meet

Tuesday, September 20, 2016

Location:

Federal Hocking High School

The course starts and finishes on the football field. The course follows the mild rolling hills and fields that make up the school property with many opportunities for spectators to view the race in progress. Maps of middle and high school courses will be provided upon arrival.

High School Course: 5K

Middle School Course: 3200 M

Race Times/Schedule:

5:00 Middle School Girls

5:30 Middle School Boys

6:00 High School Girls

6:45 High School Boys

Registration:

Entries are on Baumspage.com. Entry window **opens Wednesday 09/07/16** – 8:00 a.m. Entry window **closes Monday, 09/19/16** at 10:00 a.m.

Cost:

\$75 maximum per school

\$25 per team

\$5 per runner if less than 5 on a team

Awards:

Teams: 1st overall team in each race receives a plaque

Individuals: 1st place individual overall in each race receives a 1st place medal
2nd - 25th place receive medals in each race.

Admission:

\$5 per person

Concessions:

Federal Hocking Band Boosters will be providing concessions.

Contacts: Kirby Seeger – Asst. Principal/AD

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FH Athletic Director – Pat Tabler

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Terry Young – Baumspage

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Head Coach – David Miller

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