

2018 Federal Hocking Invitational Cross Country Meet

Wednesday, September 19, 2018

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: 3200M

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.

Cost:

\$75 maximum per school

\$25 per team

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

Awards:

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

Individuals: 1st place individual overall in each race receives a special 1st place medal.

2nd – 30th place receive medals in each race.

Admission:

\$5 per person

Concessions: Federal Hocking Band Boosters will be providing concessions. The Kona Ice Truck will be parked near the team camp area, and custom t-shirt printing by Inspire 111 will be set up in the shelter house at the entry gate near team camp area.

Contacts: Kirby Seeger – Athletic Director, 937-725-0152, 740-662-6691, kseeger@fhlanders.com

Head Coach: David Miller, 740-591-0483, imiller8@frontier.com,

Terry Young – Baumspage, 740-517-0195, terry@baumspage.com