

Federal Hocking Invitational Cross Country Meet Wednesday, September 22, 2021

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:

4:45 Middle School Girls

5:15 Middle School Boys

5:45 High School Girls

6:30 High School Boys

Registration: Entries are on Baumspage.com

Cost:

\$120 maximum per school

\$40 per team

\$10 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 receives medals in each race. Overall team awards may be picked up at the conclusion of the meet.

Admission: \$5 per person.

Concessions: Federal Hocking Band Boosters will be providing concessions. The Kona Ice Truck and custom t-shirt printing by Inspire 111 will also be on site.

Busses: Will be unloading at the gate to the track and parking behind the football stadium.

Team Camps: teams will be directed to the team camp area upon unloading of busses.

No Spectators are permitted on the football field. Only athletes and coaches.

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

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