



Federal Hocking Cross Country Invitational Wednesday, September 20, 2023



Location: Federal Hocking High School

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 the 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

7:00 Kids Fun Run (6th grade and under)

Registration:

Entries need to be submitted on Baumspage.com

Entry Fee:

\$120 Max 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. Runners finishing 2nd-30th place receive 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: Busses will be directed upon arrival as to where to drop off and park.

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

Contacts:

Stephanie Evans, Athletic Director 740-591-2409, sevans@fhlanders.com

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

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