

Dear Coach,

Hope you had a great summer of training leading into the 2022 Cross Country Season. Here at Fisher Catholic we are excited about the 4th annual "Be Moore" Early Bird Run at Fisher Catholic on Tuesday August 23, 2002.

The distance of the race is 2 miles. Our thinking is that coaches could use the race as an early season time trial, and possibly get the butterflies out of some of your runners. The course is hilly and challenging. The distance of the Middle School run is a 2K-1.2 mile.

TERMS & CONDITIONS: You may enter from 1 to 10 runners in a team race, it requires 5 to score. All runners beyond 10 must run in the reserve race. Teams running more than 10 in a team race will be disqualified, as will any runner who participated in more than 1 race.

Fees & Admissions: The cost is \$75 for each High School Race and \$50.00 for each Middle School race. Maximum cost per school including your Middle School is \$150. Cost for admittance will be \$6 and students will be \$4. Please let your parents know. T- shirts and concessions will be available on the meet day.

Elementary 800 Meter Run: All kids in grades 2 through 6 can participate free of charge. We ask that all kids be at the starting line at 4:50pm. This event will not be timed by the timing company. It will be up to the parents and coaches to time their own athlete. We will do medals for the top 3 female and top three male runners. All athletes who finish will receive a ribbon upon crossing the finish line.

Schedule:

4:45pmpm- Elementary 800 meter Fun Run Grades 2-6th

(Medals: Top 3 female and top 3 male)

5:00pm- Girls Middle School

(20 Medals/ 3 team trophies)

5:30pm- Boys Middle School

(20 Medals/3 team trophies)

6:00pm- Girls High School Varsity

(30 Medals/3 team trophies)

6:30pm- Boys High School Varsity

(30 Medals/3 team trophies)

7:00pm- Girls High School Reserve

(30 Medals)

7:30pm- Boys High School Reserve

(30 Medals)

- If there are not enough boys and girls reserve we may combine races

Entries: This year entries will be done through Baumspage after August 1st. Rosters are due on or before 6:00pm on August 21st. Please submit only the name of athletes that you expect to run on race day. We are charged per runner entered. Thank you for your help with this. Please remember to have your information in by August 21st.

Entry Fees: Please know that your entry fee must be paid as soon as possible.

\$75 Boys only

\$75 Girls only

\$50 Middle School Boys only

\$50 Middle School Girls only

\$150 maximum entry-fee per school

Free Parking at Fisher Catholic High School

- Make checks payable to:

Fisher Catholic Athletics Attn: Katie Gillum

1803 Granville Pike

Lancaster, Ohio 43130

If you have any questions please contact me at 614-900-3006 or email at Gary725560@twc.com

Have a great season!

- Gary Moore