

2019- Keystone Icebreaker Varsity/Jr. High Cross Country Meet

Keystone Icebreaker, Monday August 19th

Lorain County Equestrian Center 13630 Diagonal Rd., LaGrange

Entry Fees: \$175 per school, **make checks payable to Keystone High School**

A brief coaches' meeting will be held under the pavilion next to the finish line at 3:30pm

Restrooms will be available at the course, but there are no locker rooms.

T-shirts will be available for purchase at a cost of \$20 at the race.

The race will be timed on scored through chip timing by On The Mark Timing.

Races Schedule:

4:30pm	Girls' Jr. High	All runners
5:00pm	Boys' Jr. High	All runners
5:30pm	Girls' Varsity	All runners
6:15pm	Boys' Varsity	All runners

High School Races will be 5,000 meters

Junior High Races will be 3,200 meters

Awards: Will be handed out as runners finish each race.

Junior High Races: Medals will be awarded to the top 15 finishers

High School Races: Medals will be awarded to the top 15 finishers

Championship Plaques to the top 2 teams in each race.

All entries will be on Baumspage due by Friday August 16 2019 at noon.