



**GWDRC IN PARTNERSHIP WITH SHIP**

INVITE 3<sup>rd</sup>-8<sup>th</sup> grade **AREA YOUTH** TO THE

## **REINDEER CROSS COUNTRY YOUTH CHALLENGE** **AT JAMESTOWN HIGH SCHOOL AND GREEN SPRING TRAIL**

When: Saturday, November 23rd, 2019 / Registration Starts: October 16th, 2019

Where: Jamestown High School

Who: All area elementary and middle students (3<sup>rd</sup> to 8<sup>th</sup> grade)

Why: Learn about and compete in the great sport of cross country running!

Cost: Free

### **Time Schedule:**

9:00am 3-4<sup>th</sup> Grade Girls 1 mile

9:15am 3-4<sup>th</sup> Grade Boys 1 mile

9:30am 5-6<sup>th</sup> Grade Girls 1.5 mile

9:50am 5-6<sup>th</sup> Grade Boys 1.5 mile

10:10am 7-8<sup>th</sup> Grade Girls 1.5 mile (MS XC Championship)

10:30am 7-8<sup>th</sup> Grade Boys 1.5 mile (MS XC Championship)

Register online at [www.gwrun.org](http://www.gwrun.org) by Wednesday, November 20th

**No race day registration**

***Parents are required to stay @ Jamestown High School during the event (Please no dropping off)***

- All parents are required to sign a waiver for child(ren) to participate in the USATF and WJCC/SHIP event
  - *Recommended that you arrive a minimum of 30 minutes before your child's event to check in and warmup/stretch*
  - Timing will be provided, but please time your own child as a back up
  - Bring running clothes and water bottle
  - We will have medals, ribbons, and music
- Contact Mark Tompkins at [MarkTompkins1@gmail.com](mailto:MarkTompkins1@gmail.com) with any questions

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