

North Carolina USATF

Middle School and Age Group

State Cross Country Championships

Sunday, November 4, 2018

Hagan Stone Park, Pleasant Garden, NC

Time: 1:00 PM

All Abilities and Ages, Boys and Girls

Form your own team and see if you can be the best Middle School team in North Carolina: Schools, Clubs, Friends,

Age Groups:

1. Middle School 4,000 Meters

5th to 8th grade ONLY Teams are 5 athletes scoring, Get your friends together.

2. 11-12 years old 3,000 meters

3. 9-10 years old 3,000 meters

4. 8 & under 2,000 meters

USATF Age Groups are your age on December 31, 2018



Registration: nc.milesplit.com Deadline: Tuesday, October 30, 2018

Entry Fee:\$8.00 in advance,

please register in advance \$15.00 Race Day

Information: Charlie Brown

snoopytrac@aol.com

www.greensboropacesetters.com

Awards: Top 10 runners each race

Top 2 teams in Middle School race

Order of events:

Middle School 4,000 meters

11-12 3,000 meters

9-10 3,000 meters

8 & under 2,000 meters