**Lakeside Cross Country Invite / 281 Conference Meet**

Wednesday Sept 23rd. Races begin at 1:00 with the following rolling schedule:

Varsity Girls 5K

Varsity Boys 5K

Combined JV 4K (pending number of entrants, we may split into two races)

Middle School Girls (grades 6-8) 3K

Middle School Boys (grades 6-8) 3K

Awards

Entry Fee: $**30.00/school** payable to **Lakeside Country Club**

“Sticker” method for scoring. Please be sure to print legibly and include school name, gender and race distance on your stickers.

Ribbons for top ten finishers in both MS and JV divisions

Medals for top 20 individuals in both varsity races

Picture Plaque for 1st place varsity girls’ team and 1st place varsity boys’ team

Scoring for team title: 3 score counters and 2 pushers

Coaches will be asked to assist with helping to guide runners through the course

**NOTE: There will be lunch available at the clubhouse for spectators, coaches, and runners throughout the afternoon. Please share this information with your parents.**