

# Summer Cross Country Meet

Nicollet Junior High School

When: Thursday July 14<sup>th</sup>

Time: 7:00pm start time - 7:20PM (7th grade and under race).

Address: 400 E 134<sup>th</sup> St, Burnsville, MN 55337

Distance: 2.0 miles (Or so---We will have a new course) and a 1.0 mile race for 7th grade and under.

Cost: Free for 7th grade and under

WHO: Any and all distance runners of any age or gender (If you just want to Walk this event, you are welcome to do so

Team Scoring: 3 team cross country scoring in 3 different divisions -- individuals are also encouraged to come and race

- Entering 9<sup>th</sup> grade and younger
- Entering 10<sup>th</sup> grade to 12<sup>th</sup> grade
- Anyone older

No Frills Meet: No T-shirts, no awards, just an opportunity to RACE against some great competition. There will only be ONE race, boys and girls of all ages will be racing together.

Come and check out your summer fitness on the Burnsville Invitational course. Watermelon and water for all after the race!

*Jeff Webber*

Burnsville Blaze Boys Cross Country Coach

612-251-8788

runningweb@hotmail.com

website: bhsxc.com (information will be available closer to the event)

