

**SAMANTHA J. HERZOG
NORTHWEST AREA
CROSS COUNTRY CHAMPIONSHIPS**

Date: Saturday, May 1, 2010

Makeup Date: Saturday, May 8, 2010

Location: Track at Shawnee Mission Northwest

Distance: 4th Grade – 800 meters 5th & 6th Grade – 1 mile

Schedule:

8:30 am	4 th grade boys and girls
8:45 am	5 th grade boys and girls
9:05 am	6 th grade boys and girls

Note: Boys and girls will run together, but there will be separate awards.

There is no charge for this event, and all finishers will receive medals.

Invited Schools: Rhein Benninghoven, Broken Arrow, Mill Creek, and Ray Marsh

Students are to arrive no later than 15 minutes before their race in order to register. Registration will take place at a table near the concession stand by the track. There is no pre-registration.

The races will start according to the schedule. We will not start the races before the indicated times. It is important that students realize that this is a running event. It is not intended to be a walking or a run/walk event.