

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

Date: Saturday, May 7, 2011

Makeup Date: Saturday, May 14, 2011

Location: Track at Northwest

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

Schedule: 8:30 a.m. – 4th grade boys and girls

8:45 - 5th grade boys and girls

9:05 - 6th grade boys and girls

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

Cost: none

Awards: Medals to all finishers.

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.