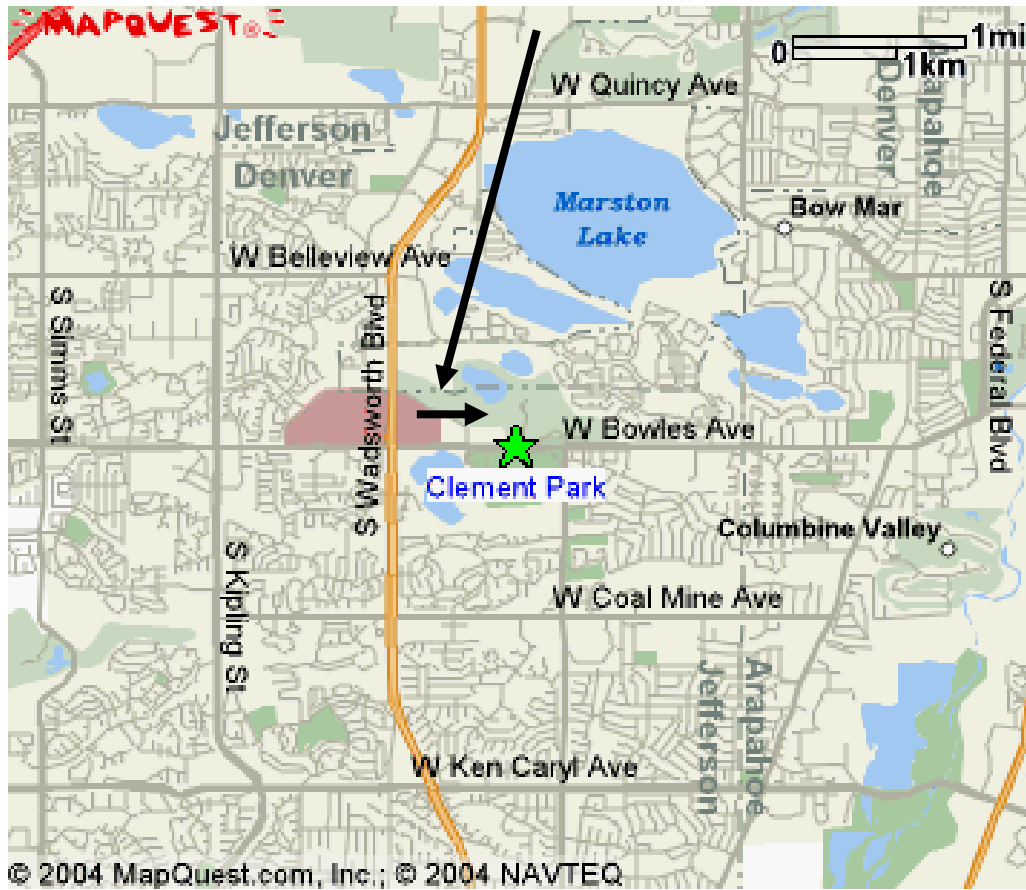
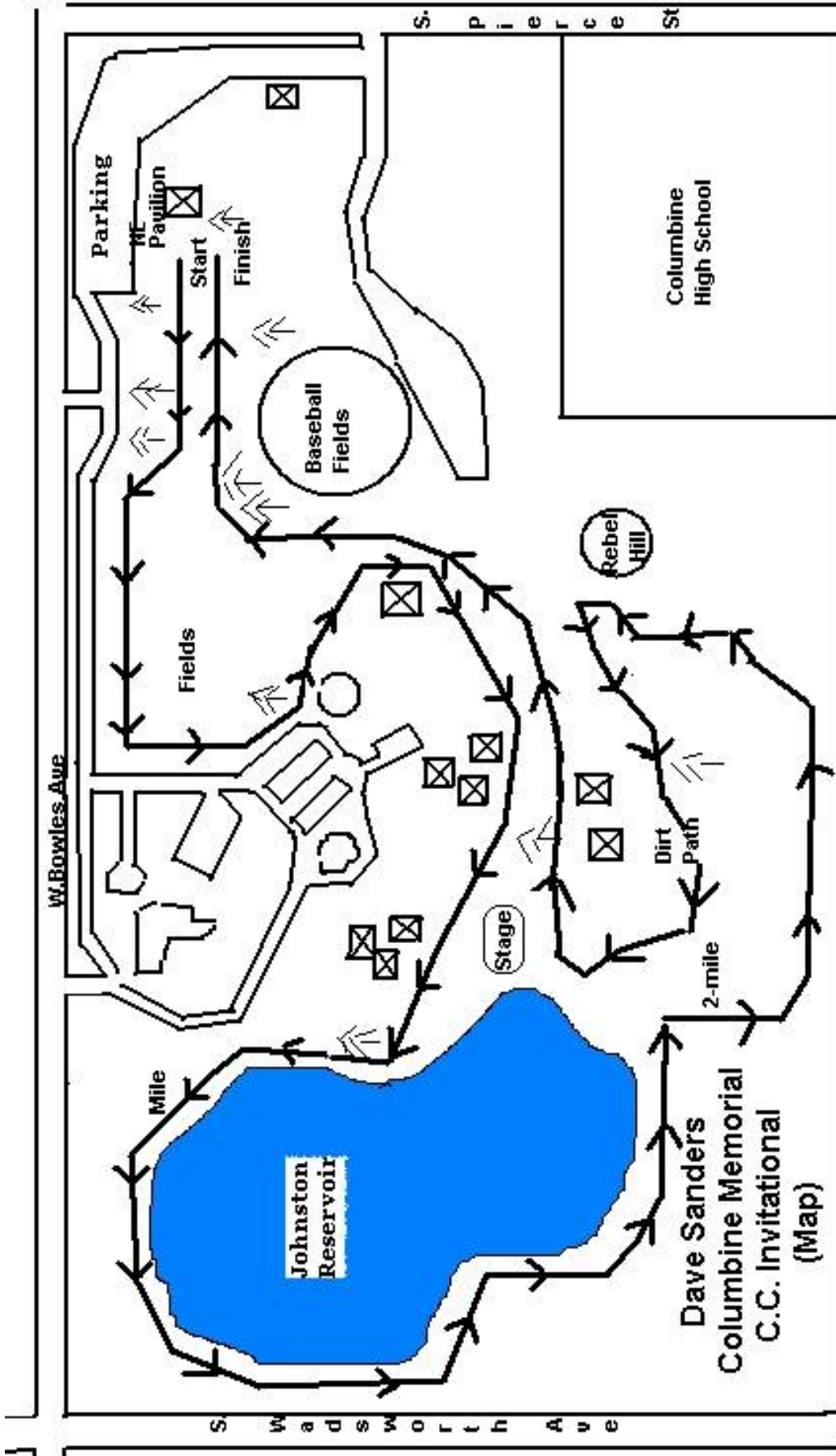


**JEFFERSON COUNTY
CROSS COUNTRY LEAGUE CHAMPIONSHIPS
Friday, October 16, 2015
Clement Park**

1. **Please leave class at 12:30PM. All cross country runners will need to meet the bus at 12:45PM. The bus will meet in front of the gym and depart at 12:45PM. REMEMBER: the bus will leave at 12:45PM.**
2. Remember to bring: shoes, uniform, socks, sweats and rain gear, etc.
3. **WHEAT RIDGE IS 4A. We are in Box 9 at the starting line.**
4. The meet schedule:

3:00	4A Div Var. Boys	Run 7, Score 5
3:10	5A Div Var. Girls	Run 7, Score 5
3:50	5A Div Var. Boys	Run 7, Score 5
4:00	4A Div Var. Girls	Run 7, Score 5
4:40	4A/5A Div Open Boys	Scored/unlimited
4:50	4A/5A Div Open Girls	Scored/unlimited
TBD	Presentation of Team Awards after last race.	
5. League championship plaques to the team winners of each varsity race and League medals to the top eight finishers in each varsity race with ribbons for 9th – 16th Place. Ribbons will be given to the top 10 places in both open races.
6. All Conference runners are the top 8 runners. 2nd Team all conference are 9th – 16th place., Honorable Mention are 17th – 24th.
7. You will be given a bid number to wear on the front of your singlet and a chip on your shoe.
8. The course will be marked with a chalk line, cones and flags. Times will be called at the 1 and 2 mile marks.
9. Please be responsible for yourself and know when your race will be held. Familiarize yourself with the area, learn the start and finish locations. Warm-up 20 minutes prior to the start of your race.
10. Schools participating in the 4A include: Wheat Ridge, Golden, Confer, Evergreen, Littleton, D'Evelyn, Arvada, Valor, Stanley Lake and Green Mountain.
11. If you have any questions please see Scott, Judy, Dan or Cheyne.





Dave Sanders
Columbine Memorial
C.C. Invitational
(Map)