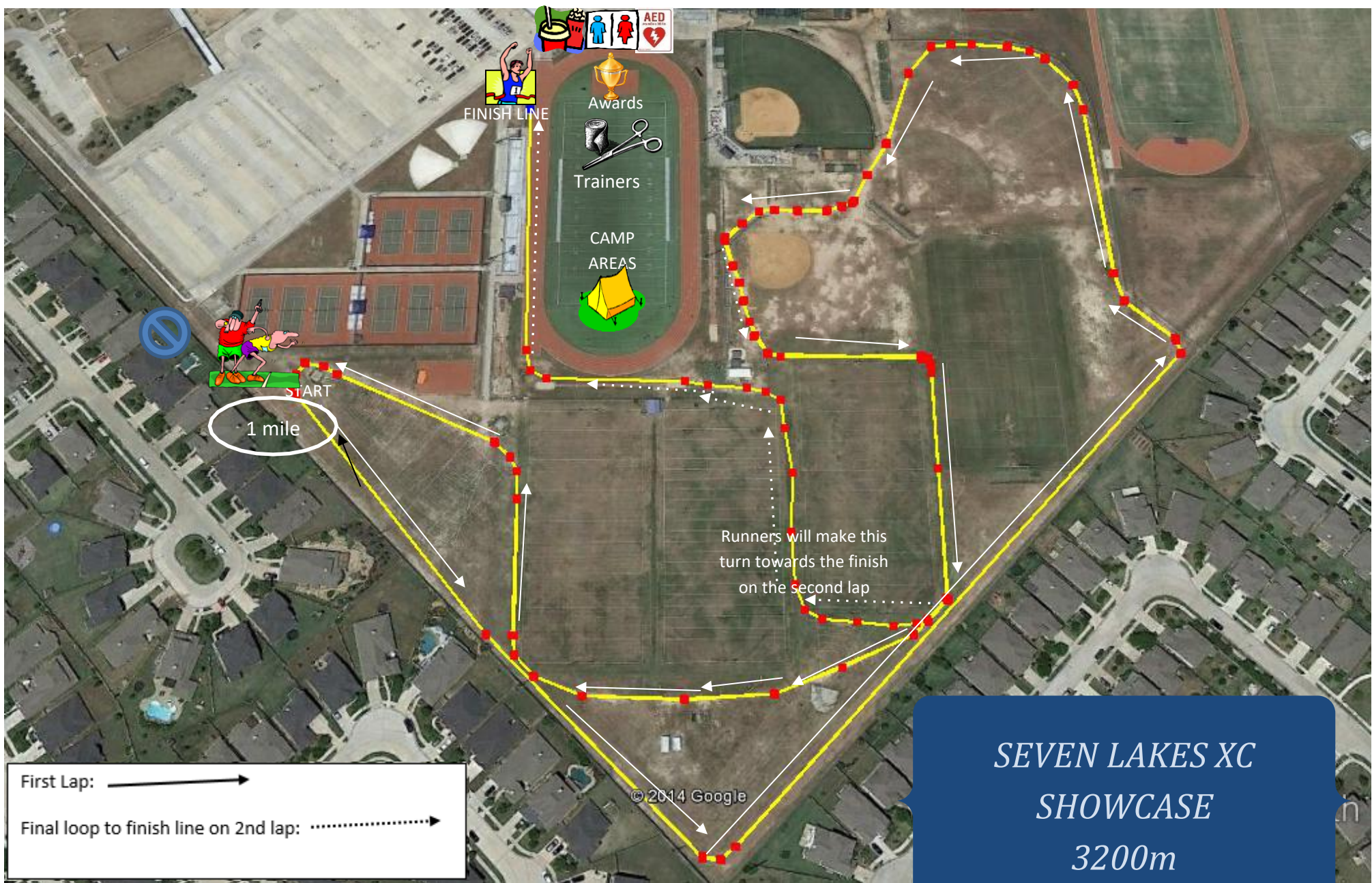




TIME SCHEDULE

7:00 a.m.	Coaches Meeting at the east room of the concession stand	8:40 a.m.	Freshmen Boys 3200m- limit 10
7:15 a.m.	Boys Varsity 5k- limit 7	8:55 a.m.	High School Open Division 3200m -unlimited-open to boys & girls
7:35 a.m.	Girls Varsity 5k- limit 7		
8:00 a.m.	Jr. Varsity Boys 5k- limit 7		
8:25 a.m.	Jr. Varsity Girls 3200m- limit 7		

Awards Ceremony-Immediately following the Open Division 3200m



*SEVEN LAKES XC
SHOWCASE
3200m*

First Lap: —————→
 Final loop to finish line on 2nd lap:→

TIME SCHEDULE

- | | | | |
|-----------|--|-----------|---|
| 7:00 a.m. | Coaches Meeting at the east room of the concession stand | 8:40 a.m. | Freshmen Boys 3200m- limit 7 |
| 7:15 a.m. | Boys Varsity 5k- limit 7 | 8:55 a.m. | High School Open Division 3200m -unlimited-open to boys & girls |
| 7:35 a.m. | Girls Varsity 5k- limit 7 | | |
| 8:00 a.m. | Jr. Varsity Boys 5k- limit 7 | | |
| 8:25 a.m. | Jr. Varsity Girls 3200m- limit 7 | | |
- Awards Ceremony-Immediately following the Open Division 3200m