

2023 Immanuel Middle School XC Invitational

Location: Vista Del Valle Park (Golden Key)

Date: September 26, 2023 @ 4:00pm

Gender: Male & Female

Each team is allowed an unlimited number of entries in the meet.

Note From Meet Directors:

Hello XC Coaches! Welcome to the Immanuel XC Meet! We are really excited to be able to give our teams one more race this season.

The course is two miles mainly on grass around the park. There are no team assigned areas; however please keep camps away from the starting line, course and finish line. Trash bags will be available as well.

There will be a hospitality table with some refreshments for coaches. Concessions will be sold for your athletes and parents. We will also have some Gatorade for your runners at the end of the finish line.

Start time will be 4:00pm with the race order starting with 7th grade girls, 7th grade boys, 8th grade girls and 8th grade boys. Each race will start every 30 minutes following the first race. The top ten runners in each age group will be awarded medals upon completion of the race in the chute. We will have course helpers around the route. The course will be marked and maps will be provided.

Registration will close Monday, September 25th at noon. Results will be posted on RunnerCard.

Please contact Coach Larry McCollum (301-379-8283) lmccollum@immanuelwarriors.org or Coach Amy Laffan (915-241-6888) alaffan@immanuelwarriors.org with any questions or concerns.