



# Arrowhead Grade School Cross Country Run Friday, Sept. 15



**Who:** All ages and abilities welcome!

**Location:** Arrowhead High School, 800 North Avenue, Hartland  
On the Mike Mulrooney Cross Country Course  
NW Corner of School Grounds – just south of Hwy K on practice soccer fields

## **Race Times:**

5:00 – Girls Grade 5k & younger - ¼ mile run - No registration needed. Just show up to the starting line. Ribbons for all.  
5:05 – Boys Grade 5k & younger - ¼ mile run - No registration needed. Just show up to the starting line. Ribbons for all.  
5:10 - Girls 1<sup>st</sup> & 2<sup>nd</sup> Grade Half Mile Run  
5:20 - Boys 1<sup>st</sup> & 2<sup>nd</sup> Grade Half Mile Run  
5:30 - Girls 3<sup>rd</sup> & 4<sup>th</sup> Grade Half Mile Run  
5:40 - Boys 3<sup>rd</sup> & 4<sup>th</sup> Grade Half Mile Run  
5:50 - Girls & Boys 5<sup>th</sup> & 6<sup>th</sup> Grade Mile run – Awards will be separated between these 2 groups  
6:10 - Girls & Boys 7<sup>th</sup> & 8<sup>th</sup> Grade Mile run – Awards will be separated between these 2 groups

**Awards:** Medals to the top 12 runners in each division (except the 5k & younger ¼ mile run where all runners get a ribbon) Medals are awarded immediately after each race at the awards bench near the finish line. Trophies to the winning teams in the half mile and mile races. Top 5 runners from your team are your scorers.

**Sign-up at your school** – All runners who are in 1<sup>st</sup> grade and older, please sign up with your PE teacher, Coach or Race Coordinator. Runners who are in 5k and younger do not need to sign up. They should just show up and proceed to the starting line.

**Race Course:** Course is on the practice soccer fields north of north campus and through the woods on the west side of the practice soccer fields. Parking should be in the lots northeast of north campus. Finish will be at the big inflatable arch. Start lines will be adjusted depending on the race distance.

**For Sale:** T-Shirts & Limited Concessions will be for sale

**Race Directors:** Arrowhead Cross Country

**Head Boys Coach** – Mike Ray – [runrazor@gmail.com](mailto:runrazor@gmail.com)

**Head Girls Coach** – Curt Kaczor – [warhawkscrosscountry@gmail.com](mailto:warhawkscrosscountry@gmail.com)

**Meet Manager / Timer** – Jill Bradley – [jillbradley01@gmail.com](mailto:jillbradley01@gmail.com) or [marctrackcc@gmail.com](mailto:marctrackcc@gmail.com) or [bradley@arrowheadschoools.org](mailto:bradley@arrowheadschoools.org)

**Results:** Posted on milesplit.com, the AHS website ( [www.arrowheadschoools.org](http://www.arrowheadschoools.org) ) under boys cross country and girls cross country, and emailed to your school entry coordinator / coach.