



Race Details

- Distance** : 2 Miles - Middle School
1 Mile - Elementary School
- Course** : Rolling Hills, Turf, Spikes Okay
- Eligible** : Elementary & Middle School Runners
(No High School Runners)
- Runners** : No limit on Number of Runners in the
Start Box - no JV Race (yet).
so send 'em all
- Scoring** : Standard: Top 5, 2 Bumpers
- Fees** : TEAM
- \$50.00 for First 7 Entries,
- \$ 2.50 for Each Additional Entry
: INDIVIDUAL - \$10 per Entry
- WWW** : <http://tn.milesplit.com/meets/182118>
(On-line Registration at This Site.)

Contact Information

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*Young and old, big and small,
come one and come all!*

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West Tennessee Middle & Elementary School Cross Country Regional Championships

Saturday, October 11th, 2014
Shelby Farms, Memphis, TN

*Qualifying Meet for Tennessee
Middle & Elementary School
Cross Country State Championships*



*Just as fast
as my feet can fly!*

Championship time. Cooler weather, faster races, and bigger meets: it's Cross Country at its best. So, get 'em laced up tight and head for the line, because the time for talking is over. *It's time to go racing!*

The 2014 West Tennessee Middle School Cross Country Regional Championship will bring together "XC" teams and runners from across West Tennessee to determine who will be "Best in the West" and who qualifies for State Championships.

It will be a chance for our region's XC teams and individuals to reap the rewards of all those weeks and months of tough training. A rolling, 2-mile course at Shelby Farms, friendly to spectators and challenging to runners, will allow each competitor to do their talking with their feet.

ELEMENTARY CHAMPIONSHIP!

This year continues the official Championship for Elementary School Runners and Teams at both the Regional and State levels. The Elementary Division is open to all 3rd, 4th, and 5th graders. The distance is 1 Mile on the same course as Middle School race.



West Tennessee Region

This Regional Championship Meet is open to all teams and individuals in West Tennessee Middle (grades 6 thru 8) & Elementary Schools. Elementary (grades 3 thru 5). *8th graders who have participated as a member of a High School Varsity or Junior Varsity Cross Country team are not eligible.* "All Star" & Club teams are *not* eligible. 5th graders may run "up" if they compete in a Middle School League that allows 5th-grade runners.



State Championship Qualification Meet

- Teams - Top 5 Teams
- Individuals - Top 25 Finishers
- Not on a Qualifying Team

The Tennessee Middle School Cross Country State Championship, hosted by Knoxville Youth Athletics, takes place at Victor Ashe Park in Knoxville on Saturday, October 18, 2014. More info at:

<http://tn.milesplit.com/meets/177648>



*You can ponder
perpetual motion*

Schedule

- 9:00am Packet Pickup/Course Walk-Thru
- 9:50am Course Closes
- 10:00am Elementary School Girls Race
- 10:25am Elementary School Boys Race
- 10:50am Middle School Girls Race
- 11:25am Middle School Boys Race
- 12:30am Awards

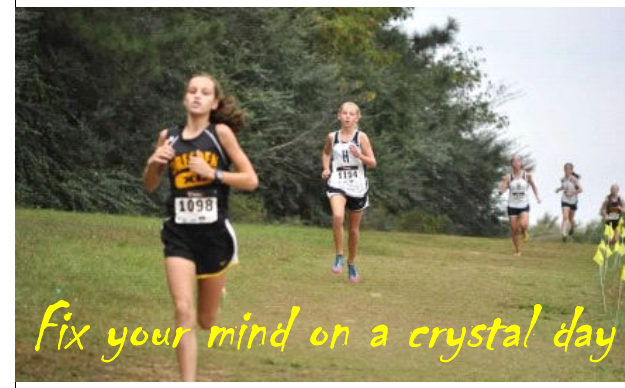
Awards

Middle School

- Teams - Plaques to Top 3
- Individuals - Medals to Top 20

Elementary School

- Teams - Plaques to Top 3
- Individuals - Medals to Top 10



Fix your mind on a crystal day