



Welcome to Trail Ridge Middle School's Cross Country Meet!

Date: September 17, 2022 - 9 AM start

Location: Trail Ridge Middle School- 495 East Grand Street, Gardner, KS

Parking: Buses in lot between schools (west lot) - Parents and fans TRMS east parking lot. (we will close Grand Star lot for the morning)

Entry link: Entry Link: <https://www.vbmeets.com/33084> Deadline: 9/16 11 AM

Packet Pick up: Packets will be available at the finish line of the track for pick upon arrival.

Time Schedule: (Please note that times are approximate)

7 th girls	9 AM	(1 mile)
7 th boys	9:15	(1 Mile) following girls' conclusion
8 th girls	9:30	(2 miles) following 7 th grade boys' conclusion
8 th boys	10:00	(2 miles) following 8 th grade girls' conclusion

Races: 7th graders will be running 1 mile and 8th graders will be running 2 miles. The finish line for both races will be at the same location – Finish line of the track. Please see race maps included in this packet. Additional race maps have been included for you to share with your athletes' friends and family.

Course: A portion of the course will be on concrete, so spikes are not advised. However, if you do opt to wear them, they can be no longer than 1/4" as you will be finishing on the track.

Medals: Medals will be given to the top 15 finishers at the conclusion of each race. This will be done at the finish line, there is no medal ceremony.

Live Results Instructions: Go to www.blacksquirreltiming.com then click on the name of the meet in the Live Results Section, this will be updated daily with that days meets.

Entry fee: Please send check payable to TRMS \$125

We look forward to seeing you all at the course!

Brian Essex, Athletic Director: essexb@usd231.com

Colby Kromminga, TRMS Head Coach: krommingac@usd231.com