The Legends Cross Country Meet – Saturday, October 4

Trumbull County Fairgrounds, Cortland (4181 Hoagland Blackstub Road, Cortland, Ohio 44410)

**Departure time** from Perry High School (Bus Loop) – 6:45 a.m.

**Race times** –

- Boys Varsity: 10:00 a.m.
- Girls Varsity: 10:30 a.m.
- Boys Open: 12:30 p.m.
- Girls Open: 1:00 p.m.

**Awards** – Top 3 teams in both varsity races receive picture plaques (they’re sweet). The top 7 members of the winning team receive individual awards. The top 25 individuals in the races will receive awards. Individual race champions will receive their own picture plaque.

**Preparation** - Be sure to have your uniform, racing flats, training shoes, two extra pairs of socks and clothes in case of inclement (like rain, snow) weather, plastic bags for wet & muddy clothing, towel, lots of water, carbs (i.e. rice cakes), fruit (bananas, kiwi, orange or apple for after the race), money for food stop after the meet, game face.

Get some quality rest Friday night. **Make sure that when we are walking the course, be focused on where you want to be during the race, including both time-wise and on the course** (you know, racing the shortest course). This is a traditionally **FAST** course, so be ready to fly!!!

**TURN IN YOUR CHIP IN THE BULLPEN AREA AFTER YOUR RACE!!!**

**TEAM – Together Everyone Achieves More.**

You’ve Got To Want It.