

SOUTHLAKE #1 XC INVITE

Website:

<https://tx.milesplit.com/meets/596988-southlake-1-xc-invite-meet-is-full-2024>

Date: Saturday, September 7th at Bob Jones Park in Southlake.

Location: *800 N. Whites Chapel Southlake, TX 76092*

RACE Schedule-

6:40am- *Varsity Elite Men- 5K- Max 10 runners*

6:42am- *Varsity Elite Women- 5K- Max 10 runners*

7:08am- *Varsity Open Men- 5K- Max 16 runners*

7:10am- *Varsity Open Women- 5K- Max 16 runners*

7:40am- *JV Men- 5K- Unlimited*

7:42am- *JV Women- 5K- Unlimited*

Women runners will need to be behind the Men on the starting line. Once we start the Men we will start the Women 2 minutes and 30 seconds after. women's race will not have time to do strides before their race. Therefore, they will need to do all pre race warmups with the boys.

