

**2020 Royal Run Invitational
Saturday, September 26, 2020**

Location: Roy High School Track; 2150 W. 4800 S., Roy, Utah

Entry Fees: \$80 per team (boys or girls)
 \$150 per school (boys and girls combined)
 \$10 per individual

Make checks payable to Roy High School Cross Country. Cash or check only. Please pay beforehand or the day of the race. Send checks to Roy High School, 2150 W. 4800 S., Roy, UT 84067.

Meet registration closes at noon on Thursday, September 24th. Please register your varsity team according to individual ranking. (Best runner #1, second best #2, etc.) PLEASE do not enter your JV team in the varsity races.

Meet schedule:

7:00 am – packet pick up
7:30 am – coaches meeting at the visitors concession stand
8:00 am – Varsity Boys
8:30 am – Varsity Girls
9:00 am – JV Boys
9:30 am – JV Girls
10:00 am – Rookie Boys
10:30 am – Rookie Girls

There may be two heats for the JV and rookie races if there are too many runners.

Due to covid restrictions, masks will be required for spectators. It may be possible that we will not be allowed to have spectators attend.

Awards: Rookie race – top ten ribbons; JV race – top ten medals; Varsity race – top fifteen medals; Varsity team 1st place trophy.

Course: Mostly grass, spikes are allowed. Bring water and shade.

Contact: Coach April Murray (801) 644-3221 apmurray@wsd.net
 or Coach Chick Hislop (801) 645-8061 chickanddi@yahoo.com

Royal Run Cross Country Challenge

This challenging, yet spectator-friendly course is exactly 3 miles long. It is run on about 75% grass/track and about 25% concrete/asphalt, so spikes are not recommended. Mile 1 occurs at the far north part of the course and mile 2 occurs just outside the track. Mile 1.5 is right by the start line, and mile 2.5 occurs right before exiting the baseball field. Caution: runners will go out into a local neighborhood for about 500 meters – please have them stay on the sidewalk.

