

GEMS Cross Country Meet @ San Elizario High School

8/31/2022

<p>Entries: https://www.runnercard.com/ entries can be entered at RunnerCard under GEMS Cross Country Invitational 8/31/22; entries must be submitted by 9 am, Tuesday, August 30.</p> <p>Contact Information: Mario Espinoza, 915-449-5681, maespinoza@seisd.net Max Sappenfield, 915-331-0110, msappenfield@seisd.net Cesar Morales, 915-820-3861, cemorales@seisd.net</p>	<p>During the race:</p> <ul style="list-style-type: none">• Guides will be placed at designated areas to ensure students are on the correct path. Chalk will also be used to guide runners.• At the finish line, Medals will also be given at this time to the top 10 runners from each race.• A trainer will be available on site.• Water will be available at the finish line.
<p>Arrival:</p> <ul style="list-style-type: none">• Buses may drop off athletes at the parking lot in front of the auxillary gym.	<p>Restrooms for kids: Kids may use the restroom facilities located at the field house behind the score board and at the “new” field house as outlined on the map.</p>
<p>Before the race:</p> <ul style="list-style-type: none">• Teams may walk the course, and may warm up using the softball or baseball fields, basketball courts, or grass area adjacent to the parking lot.• Teams may not proceed to the starting line until 15 minutes prior to the start of the race. An announcement will be made.• First race will begin at 4:30pm. (7th Girls, 7th Boys, 8th Girls, 8th Boys)	<p>Restrooms for coaches: Restroom facilities for coaches are located inside the “new” field house.</p> <p>Hospitality: We will have snacks and drinks available for coaches.</p>



**This is a 2 mile course
The race will start and finish at
the SEHS Football Field.**

**Yellow Arrows symbolize the
beginning of the race.**

**Red Arrows symbolize to
complete a whole loop then
continue to follow blue arrows.**

**Blue Arrows symbolize the 2nd
mile of the race.**