

LC8 Athletic Conference

Cross Country Championship

Location: Equestrian Center in LaGrange. 13630 Diagonal Road LaGrange.

Date: October 12th

Race Schedule:

Coaches Meeting at the finish line	8:30
Middle School Boys	9:00
Middle School Girls	9:30
High School Boys Varsity(Top 7)	10:00
High School Girls Varsity(Top 7)	10:45
Mixed Open	11:30
Elementary Fun Run/Coaches Meeting	12:15
Award Ceremony	12:30 or when the Fun Run is complete.

Top 7 from each race will be recognized as well as the team results.

Awards

High School

1st Team All Conference	Places 1-7
2nd Team All Conference	Places 8-14
3rd Team All Conference	Places 15-21
Runners of the Year-first place finisher of each high school varsity race.	
Coaches of the Year by Coaches Vote.	

Middle School

1st Team All Conference	Places 1-7
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Boxes will be assigned the Monday before the race and posted on Baumspage.