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**11thANNUAL REGINA RUN**

*Regina Dominican Panthers Cross Country*

**>What:**

 A series of ***1-mile*** cross country races for grade school and middle school boys and girls.

**>When:**

Tuesday, September 10, 2019 @ 4:00pm

**>Where:**

Wilmette Community Playfield (Locust Park) in Wilmette, across the street from Regina Dominican, which is located at 701 Locust Road, Wilmette IL 60091.

***TIMING SERVICES AND EVENT EQUIPMENT PROVIDED BY LAKESHORE ATHLETIC SERVICES***

**>Levels of Competition:**

JV Girls: 6th grade and under (7 runners)

JV Boys: 6th grade and under (7 runners)

Varsity Girls: 7th and 8th grade (7 runners)

Varsity Boys: 7th and 8th grade (7 runners)

Open: All other boys and girls (unlimited entries) \*\*\*An additional Open Competition may be added based of the number of participants.

**>Awards:**

Team: 1st and 2nd place team in each division will receive plaques.

Individual: 1-20 in each division will receive ribbons

ALL FINISHERS will receive a t-shirt

**>Entrance Fee:**

* $100 for a girls team
* $100 for a boys team
* $150 total fee for boys and girls

**>Athlete Registration:**

For individual or team registration, please fill out the Registration/Roster Sign-up form attached, and email it back to Tom Marcum, Athletic Director. To better utilize the technology and support from Lake Shore Athletics, team rosters **MUST** be submitted electronically in Excel format (not PDF) by **Friday, September 6th.** NO EXCEPTIONS! Please be aware that your registration will not be complete until a payment has been received by Regina Dominican. To submit payment for the Regina Run, mail a check payable to:

Attn: Regina Run

Regina Dominican High School

701 Locust Road

Wilmette, IL 60091

**>Waiver of Liability Form:**

**ALL REGISTRATIONS ARE NOT COMPLETE UNTIL** the Waiver of Liability form attached has been signed and submitted – electronically or upon arrival.

**>Parking:**

Please remind all spectators that parking will be limited with an anticipated 1,250 students participating. For parking, use the Regina Dominican High School parking lot, Wilmette Jr. High parking lot, or street parking.

**Registration Questions/Rosters: Race Information:**

Brian Mancuso Scott Bohlke

Athletic Director Cross Country Coach

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