



## **Viking Invite**

Pleasant Grove High School

August 22, 2020

8 AM

### **Schedule**

7:00 Check in and warm up  
7:30 Coaches meeting  
8:00 Varsity Girls  
8:30 Varsity Boys  
9:00 JV Fr & So Girls  
9:30 JV Fr & So Boys  
10:00 JV Jr & Sr Girls  
10:30 JV Jr & Sr Boys

### **Course**

The course is 3, one mile loops. It will start and finish in the football stadium. It is all grass and track with two concrete areas that will have rubber mats on them.

### **Awards**

Medals will be given to the top 10 finishers in each of the JV races, and top 10 finishers in the varsity races.

### **Registration**

Registration will be done on Runnecard. Participation fees are \$75.00 per team or \$150.00 per school. You can call the financial office (801-610-8170 ext. 758) and pay with a purchase card/credit card, bring a check, or you may mail a check to PGHS XC Invite (700 E. 200 S. Pleasant Grove Utah 84062). If you need an Invoice I can send you one.

### **Timing**

We will use stickers and bibs, and they will be provided in your packet.

### **Contact Information**

Mark Morrison (801)-372-5725

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