


# **17<sup>th</sup> Annual Salem Early Bird Cross Country Invitational**

**Saturday, August 24, 2019**

**Salem Memorial Park**

**Salem, Ohio**



<b>Coach's Meeting:</b>	<b>8:45 am</b>
<b>Middle School Boys:</b>	<b>9:00 am</b>
<b>Middle School Girls:</b>	<b>9:30 am</b>
<b>High School Boys:</b>	<b>10:00 am</b>
<b>High School Girls:</b>	<b>10:30 am</b>
<b>Awards:</b>	<b>11:15 am</b>

**If you're looking for a great early season race, this is the right meet for you!**

The meet is run very efficiently and the course is well marked. The course is one of the best in the state. It is very challenging and gives your athletes a fair estimate of what time they can expect to run later in the season. So if you're looking for a fun, challenging, and spectator friendly course for your athletes, come and run the Salem Early Bird Invitational.

Coaches, register your roster online at Baum's page. We are holding spots for the meet to the first 20 teams that enter.

Awards will be given to the top 10 finishers in each race.

Team champion and runner-up trophies will be awarded for each race.

T-shirts and food concessions will be available.