



Cross Country Races 2024/25

The Westwind Division Jr. High cross-country races will be held on Wednesday September 25th at Spring Glen Park. The Park is located halfway between the towns of Hill Spring and Glenwood. Please have spectators and participants park their cars outside the gates in the parking area. Buses will be permitted to park in a camping spot out of the way up until 9:25 at which time we will be closing the gates in order to keep our athletes safe during the races.

If you haven't done already, please see your Athletic Director about getting students signed up for the event.

We are aiming for a 9:30am start. The schedule will be as follows:

- Walk through 9:30 am
- Grade 7 girls 9:45 am
- Grade 7 boys 10:05am
- Grade 8 girls 10:25 am
- Grade 8 boys 10:45 am
- Grade 9 girls 11:05 am
- Grade 9 boys 11:30 am

As there were some concerns about athletes and parent missing their races last year, we will be running the races as scheduled. Please have your athletes informed of and on time for their race.

We will have a water cooler full of drinking water for athletes only to fill water bottles.

If there are any questions or concerns, please let us know.

Thanks

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Race Map

