

Velva High School Cross Country Invite

Dear Coaches and AD's,

Velva High School will be hosting its cross-country meet this fall on **Thursday, August 27th**. The meet will be held at the Velva Star City Golf Course. The golf course is located one mile north of Velva on Highway 41.

Meet schedule as follows:

3:45	JH/JV Girls 3K
4:10	JH/JV Boys 3K
4:35	Varsity Girls 5K
5:10	Varsity Boys 5K

Awards will be given for the top 20 runners in each division

The entry fee is \$50/team (\$100 for both boys and girls) (\$10.00/runner if less than 5 runners) and is payable to Velva High School. Please make sure each runner has a sticker that includes name and school.

There will be 12 teams attending this year.

We encourage fans to wear a mask during the meet and social distance. Fans are attending at their own risk.

Come to the meet dressed as there are no locker rooms available.

We will have a staggered start to avoid crowding. We will have a regular starting line for top performers and another 6 feet behind for second tier runners. Coaches need to decide where your athletes start.

Tim Kraft, Cross Country Coach
Velva High School