



SCHEDULE OF EVENTS

Tuesday, November 14

12 p.m.

Mandatory coaches' call – VIRTUAL
(Link sent with selections information)

Thursday, November 16

9 a.m. to 2 p.m.

Practice

Big Spring High School

3:30 p.m. to 5 p.m.

Practice

Big Spring High School

Friday, November 17

10 a.m. to 5 p.m.

Practice

Big Spring High School

11 a.m. to 12:30 p.m.

Packet Pick-up

Big Spring High School
Gymnasium

Saturday, November 18

9 a.m.

Course opens.

9:40 a.m.

Clerking begins for both men's and women's races.

10:30 a.m.

First gun fired (30 minutes to start of men's race).

10:35 a.m.

National anthem.

10:40 a.m.

Second gun fired (20 minutes to start of men's race).
Clerking process is completed for the men's race.

10:50 a.m.

Third gun fired (10 minutes to start of men's race).
Men's competitors must report to assigned starting boxes.

11:00 a.m.

Men's 8,000 meter championship race.

11:30 a.m.

First gun fired (30 minutes to start of women's race).

11:40 a.m.

Second gun fired (20 minutes to start of women's race).



Clerking process is completed for the women's race.

11:50 a.m.

Third gun fired (10 minutes to start of women's race).
Women's competitors must report to assigned starting boxes.

Noon

Women's 6,000 meter championship race.

~1:30 p.m.

Awards ceremony. (*High School Gymnasium*)

Big Spring High School
100 Mount Rock Road
Newville, Pennsylvania 17241