

## 2017 Charlotte Running Co Cross Country Run

2 Miles \* 5K August 19, 2017

### http://crccrosscountryrun.racesonline.com

### **Time Schudule**

### Friday, August 18:

4:00-7:00 pm Packet Pickup at CRC

# Saturday, August 19: OPEN RACE

6:30-7:30 am Course Opens/Packet Pickup

8:00 am Open Race starts

8:45 am Awards Ceremony

### HIGH SCHOOL XC RACE

9:00 am Boy's Jr/Sr Race 9:25 am Girl's Jr/Sr Race 9:50 am Boy's Fr/So Race 10:15 am Girl's Fr/So Race 10:45 am Awards

### **Awards**

#### 5K Awards:

Top 3 Overall Males and Females
Top 1 Overall Masters Male and Female
Top 3 Male and Female in
the following age groups:

14 & Under

15 - 19

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 - 54

55 - 59

60 - 64

65 & Over

### 2 Mile Awards:

Top 3 Overall Males and Females

**Course:** Challenging course with rolling hills located on the Myers Park High School campus

Shoe tent sale provided by Charlotte Running Co - charlotterunning.com