

“8th Annual Filthy-Fun Mud Run”
****Hosted by Salmon River Central School****

Saturday, September 14, 2019

<u>Race Schedule:</u>	10:15	Community Run (\$5.00 per athlete entry fee) 1.5 miles
	10:35	Alumni Race (FREE for all SRC Cross Country Alumni) 1.5 miles
	11:00	Modified Boys (unlimited entry)
	11:30	Modified Girls (unlimited entry)
	12:00	JV Girls (unlimited entry)
	12:45	Varsity Girls (Top 7 only)
	1:20	JV Boys (unlimited entry)
	1:55	Varsity Boys (Top 7 only)

All races will start on time!

Check out our 2016 Race video here: <http://www.srk12.org/athletics>

- New York State Jewelry Rule and Uniform rule will apply.
- All races top 5 will score, 7 will displace for points
- Modified races will be scored and timed.
- Modified 1.5 miles, JV and Varsity 3.1 miles.
- **Tags will be assigned to all runners, please email a copy of your roster to salmonccc@hotmail.com no later than September 11 at NOON. Please specify Male or Female for each runner!**
- **NEW!!! Please specify what race each individual will be running. Changes can be made the morning of the race, up until 10:30 am. No changes after that time!!!**
- *OF SPECIAL NOTE: Our course is 100% grass, 12 feet wide and is mostly flat, with the exception of two man-made hills with a 20 foot long “water pit” sandwiched in the middle. The pit is approximately 2 feet deep and does have a sand bottom. A second mud-pit was added before the first hill to make things more interesting.*

<u>Awards:</u>	Modified:	Plaque to winning team in each race Medals to top 7 in each race
	Varsity:	Plaque to winning team in each race Medals to top 7 in each race
	JV:	Plaque to the winning team in each race Medals to the top 7 in each race

Souvenirs: T-Shirts will be available for sale on an EXTREMELY LIMITED basis. Purchase early!

Entry Fee: \$35.00 per race.

Make checks payable to :
SRC Varsity Club/Cross Country Team
c/o Danny Mainville
637 County Route 1
Fort Covington, NY 12937