***J-HAWK ATHLETICS***

Thomas Jefferson High School

1243 20th St. SW

Cedar Rapids, IA 52404

TO: MVC Athletic Directors,

 MVC Boy’s/Girls Cross Country Coaches

FROM: Chris Deam, AD

RE: MVC Cross Country Super Meet

The MVC Men’s and Women’s Cross Country Super Meet will be held Thursday, October 6, 2016 Noelridge Park (1248 – 42nd St NE) in Cedar Rapids, starting at 3:00pm. The schedule is as follows:

 3:15pm                 Fresh/Soph Women (Unlimited entry, score 5)

                                3:45pm                 Fresh/Soph Men (Unlimited entry, score 5)

                                4:10pm                 Varsity Women (Run 7, count 5)

                                4:40pm                 Varsity Men (Run 7, count 5)

5:05pm                 JV Women (Unlimited entry, score) **PLEASE PUT slower than 30 min. in this race)**

                                5:45pm                 JV Men (unlimited entry score 5)**PLEASE PUT slower than 30 min. in this race)**

                                6:25pm                 Award Presentation to Top 15 in Varsity races