**Mount Vernon-Lisbon Cross Country Meet**

**Tuesday, August 23, 2016**

**Mount Vernon High School/Cornell Soccer Fields**

**Time Schedule:**

One race for each gender with the following divisions:

**5:00** Girls 5k Race (1 race) with the following divisions:

* + Freshman-Sophomore Girls (medals for top 10)
	+ Junior-Senior Girls (medals for top 10)

**5:45** Boys 5k Race (1 race) with the following divisions:

* + Freshman-Sophomore Boys (medals for top 10)
	+ Junior-Senior Boys (medals for top 10)

**Awards:** There will be an awards presentation shortly after the last race. The top 10 in each of the 4 divisions will receive medals along with team medals for overall team champions.

**Boys Teams (Box Number):** Springville-CC (1), Mount Vernon-Lisbon (2), Davenport North (3), Benton (4), West Liberty (5), Waverly-Shell Rock (6), Columbus (7), West Delaware (8), Louisa-Muscatine (9), Dubuque Hempstead (10), Vinton-Shellsburg (11), CPU (12), Marion (13)

**Girls Teams (Box Number):** Waverly-Shell Rock (1), Columbus (2), Springville-CC (3), West Liberty (4), Benton (5), Louisa-Muscatine (6), Mount Vernon-Lisbon (7), Dubuque Hempstead (8), Davenport North (9), West Delaware (10), Vinton Shellsburg (11), CPU (12), Marion (13)

 Matt Thede \_\_Kory Swart\_\_ \_\_Sue Deibner\_\_

Activities Director Head Boys’ XC Head Girls’ XC