

2017 BELLOWS FREE ACADEMY CROSS COUNTRY INVITATIONAL

HARD'ACK RECREATION AREA

Saturday, September 30, 2017

We have developed a superb cross country course over the past few years. Our 3.1 mile course is run on grass and dirt trails through open fields and through wooded sections. There are flats and rolling hills with one long gradual climb about midway through the course.

Varsity Girls	12:30pm	3.1 Miles	Elle Purrier Richford 18:00
Varsity Boys	1:00pm	3.1 Miles	Stephen Looke U-32 16:35
Junior Varsity Girls	1:30pm	3.1 Miles	Carly Braun CVU 22:03
Junior Varsity Boys	2:15pm	3.1 Miles	Emmitt Peterson CVU 18:22
Grades 7/8 Girls	3:00pm	1.8 Miles	Selina Lawyer Enosburg MS 11:50
Grades 7/8 Boys	3:30pm	1.8 Miles	Ethan Mashtare Georgia MS 11:03
Grades 5/6 Girls	4:00pm	1.5 Miles	Maya Frost St. Albans Town MS 11:52
Grades 5/6 Boys	4:20pm	1.5 Miles	Zachary Reis St. Albans Town MS 11:36

Awards :

All Races – Trophies to top ten. Ribbons to 11 - 25. No team trophies so we can give more individual recognition. Where do those team trophies end up any way!?

Cost :

\$4.00 per individual or \$95.00 for a girls high school team and \$95.00 for a boys high school team. Middle school racers are \$3.00 per runner entered.

Payable to: BFA Cross Country.

Entries : Entries are due by September 27th. Please register your athletes using athletic.net

Directions: I-89 exit 19. Turn right at light, proceed straight through next light. Take next left onto Congress St., then an immediate right into Hard'ack Recreation Area.

