

TN Heat 2015 Cross Country

Thursday, September 10th	Sumner Academy
Thursday, September 10th	Sumner Academy
Monday, September 14th	Currey Ingram
Thursday, September 17th	Sumner Academy
Monday, September 21st	Currey Ingram
Monday, September 28th	Currey Ingram
Monday, October 5th	Currey Ingram
Tuesday, October 13th	Currey Ingram – last meet for K-4 th
Monday, October 19th	Currey Ingram (5th-12th)

Race Structure:

K-2nd: 1,000-1,100 yards	3rd-4th: 1-mile
5th-8th: 1.55 miles	HS: 5k

Meet Starting Times:

(Currey Ingram)	(Sumner Academy)
K-2nd: 4:30	K-2nd: 4:45
3rd-4th: 4:45	3rd-4th: 5:00
5th-8th: 5:05	5th-8th: 5:20
High School: 5:35	High School: 5:50

****Boys to front of line & start first each race. Girls released 30 seconds later.***