

Copperview Cross Country 2017 Information Sheet & Schedule

Parent Meeting: Monday, September 11th; 6:00 pm

On the first day of practice please meet northwest side of Midvale City Park, by the amphitheater, under the large pavilion. The athletes will begin practice with the coaches and the parents will meet and discuss the program with coordinator. A LOT of information will be given at this meeting.

Practices: Held on Monday & Wednesdays beginning September 11th. Practices will be held at Midvale City Park– 425 W. 6th Ave (7510 S.)

Clothing: Participants should wear good running shoes. NO open toed shoes!

Participants should wear weather appropriate athletic clothing such as shorts, t-shirts, tank tops, sweats or light sweatshirts. Do NOT send your child in jeans pants or jean cut off shorts.

Weather: The decision to cancel a meet or practice, due to weather, will be made 30 minutes prior to start time. The status of the meets can be found on the Facebook Page (Copperview Rec. Center). At the time of registration, you can sign up to receive a text if practices or meets are cancelled.

Equipment: Please send you child with a full water bottle and apply sunscreen before coming to the park. There will be hot, chilly and rainy days. We will practice in any weather, as long as it is safe.

Meets: Registration/check-in starts at 5:00 p.m., the races will start at 5:30 p.m. Boys will start 5 minutes after girls in each age division. The All-County meet will be on Saturday, October 14th, registration starts at 9:30 a.m. with races beginning at 10:00 a.m. See reverse side for a detailed schedule. Each venue will be a different course. The course distance will be as close to the distances age group as possible at every venue. Each venue will vary in difficulty and distance depending on the course make-up. Race start times are approximate. Races will start when the race before is done.

Classification	Birth Year	Distance	APPOXIMATE Race Times
White	2010-2011	2K (1.24 miles)	5:30 pm girls & 5:35 pm boys
Red	2007-2009	3K (1.86 miles)	6:15 pm girls & 6:30 boys
Yellow	2005-2006	3K (1.86 miles)	6:15 pm girls & 6:30 boys
Green	2003-2004	4K (2.48 miles)	5:30 pm girls & 5:35 boys
Blue	1999-2002	5K (3.1 miles)	6:15 pm girls & 6:20 boys

www.slco.org/copperview/

“Improving Lives through People, Parks, and Play”

**Questions call
385-468-1515**

X COUNTRY

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Sep 11 Practice & Parent Meeting @ 6:00 p.m.	Sep 12	Sep 13 practice @ 6:00 p.m.	Sep 14	Sep 15	Sep 16
Sep 18 practice @ 6:00 p.m.	Sep 19	Sep 20 practice @ 6:00 p.m.	Sep 21	Sep 22	Sep 23
Sep 25 practice @ 6:00 p.m.	Sep. 26 <u>MEET</u> Location: Kearns Oquirrah Park Start: 5:30 p.m.	Sep. 27 practice @ 6:00 p.m.	Sep. 28	Sep 29	Sep 30
Oct 2 practice @ 6:00 p.m.	Oct 3	Oct 4 practice @ 6:00 p.m.	Oct 5 <u>MEET</u> Location: Cottonwood Complex Start 5:30 p.m.	Oct 6	Oct 7
Oct. 9 practice @ 6:00 p.m.	Oct. 10	Oct. 11 practice @ 6:00 p.m.	Oct. 12	Oct. 13	Oct. 14 ALL COUNTY MEET West Jordan Park Registration 9:30 a.m. Races Start 10:00 a.m.

<u>Date</u>	<u>Park Name</u>	<u>Address</u>
Tuesday, September 26th	Oquirrh Park in Kearns	5624 S. Cougar Ln- (4800 W.)
Thursday, Oct. 5th	Big Cottonwood Regional Park	4300 S. 1300 E. (Millcreek)
Saturday, Oct. 14th	West Jordan Park	7800 S. 2011 W. (West Jordan)