



## 2020 Youth Cross Country Test Effort Schedule

Due to Covid-19, we had to cancel the regular youth cross country meets that included ALL the sites together. We are going to have 'Test Efforts' or time trials to be held at each site on the following days listed below.

Warm-ups start at 5:30pm.

Race Distances: Ages 6-9 yrs will run 1000 meters (.6 mi)  
Ages 10-13 yrs will run 2000 meters (1.2 mi)

September 23

October 7

October 21

Only thunder and lightning will prevent a practice, time trial or meet from occurring so dress according to the weather.