

October 22, 2023

MileSplit **KS**



KS Junior High State Cross Country Championships



Kansas MileSplit will be hosting the 7th Annual Kansas MileSplit Junior High State Cross Country Championships on Sunday, October 22, 2023, in Emporia, KS at Jones Park. All 7th and 8th grade athletes from across the State of Kansas will be eligible to participate in their respective 2 mile race. There will be four Junior High races; 7th grade girls, 7th grade boys, 8th grade girls and 8th grade boys with a \$20 entry fee.



There will be an open race of 2K for athletes born from 2015-2017. There will also be 2 mile races for athletes born from 2009-2014 in conjunction with the 7th and 8th grade races. Registration for the Jr High State Meet will be done by emailing the race director and ends Friday, October 20th at 8:00pm. Registration for the open races will be done at the meet site.

RACE SCHEDULE

- 2:30pm - 7th Grade Girls with 11-12 Girls (2 mile).
- 3:00pm - 7th Grade Boys with 11-12 Boys (2 mile).
- 3:30pm - 8th Grade Girls with 13-14 Girls (2 mile).
- 4:00pm - 8th Grade Boys with 13-14 Boys (2 mile).
- 4:45pm - Open race for youth ages 6-8 (2K).
- 5:05pm - Open race for youth ages 9-10 (2 miles).

★ Teams may be comprised of any 5-7 individuals in the same grade from the State of Kansas.

★ Individual awards to the top 20 runners in each race.

Races begin at 2:30pm!

See you at the race.

MEET DIRECTOR:

Coach David Ramsey
(913) 489-9821 (Please no texts)
runfasterinhs@yahoo.com

