

Lennox Orioles Cross Country Invite



Lennox High School looks forward to your participation in the Lennox Invitational Cross Country Meet.

Date: Thursday, September 28, 2023 **Time: 4:00 p.m.**

Location: Lenkota Golf Course (1 ½ miles west of SD Hwy 44 and 17 Junction)

Race Schedule: Varsity Girls – 5,000 meters - (Limit to 8) **starting time 4:00 p.m.**
Varsity Boys – 5,000 meters (Limit to 8)
JV Girls – 4,000 meters (unlimited)
JV Boys – 4,000 meters (unlimited)
7th & 8th Boys and Girls – 3,000 meters (ran together and unlimited)

Live Timing and Results: results.dakotatiming.com

Awards:

Medals to the first 20 place finishers in each varsity division.
Medals to the first 20 place finishers in each JV division.
Ribbons to the top 10 finishers in each Middle School division.

Team Scoring: Varsity scoring will consist of the first four (4) placers plus two (2) pushers. No team scoring in the JV divisions.

Teams:

Beresford, Canton, Dakota Valley, Dell Rapids, Elk Point-Jefferson, Garretson, Milbank, S. F. Christian, Tea Area, Tri-Valley, Vermillion, West Central, Parkston/Ethan, Hanson and Chamberlain