



Dallas District Cross Country Run

All interested schools are invited to celebrate their Cross Country season by participating in a final race at the District Cross Country run held at Dallas Soccer Park.

We are excited to host this event once again this year. As this is the third year of our new route, drivers are expected to park at the Dallas Park Soccer field parking lot. Runners can expect a flat terrain with some areas of pavement. Runners will start their race near the city soccer fields and run towards Dallas Elementary, through our fields, and return back to the Dallas soccer fields.

Date: Wednesday, October 9, 2019

Cost: There is no cost for this event

Schedule:

- Instructions to runners will take place at 3:15. All times listed below are approximate.

Grade	Time	Distance (km)
3	3:25	1.25
4	3:40	1.25
5	3:55	1.75
6	4:10	1.75
7	4:25	1.75

Ribbons will be given out at the end of the race