

CARA Cross Country – Virtual Meet

Week of September 27-October 3

- Each Agency will choose the date and time of the race for each age group (must be done between 9/27 & 10/3).
- Each Agency will have each age group run the appropriate distance.
- The Agency will time the race and submit runner's times via email to Nicole, no later than 11:59pm on October 3, using attached excel template.
- Ribbons for 1st-8th place in each division will be mailed to the corresponding agencies.