



**West Omaha Track Club**  
**Cross Country Invitational**  
**Elkhorn Mount Michael High School**

Sunday October 16, 2022

Course Walk for All Ages at 11:00

First Race at 12:00

8U      2K

9-10    3K

11-12   3K

13-14   4K

15-16 /17-18 5K

Rolling Schedule After First Race

4K/5K to be Combined

Meet Managed By Black Squirrel Timing

Please Pre-Register at this link

<https://www.vbmeets.com/33103>

Live Results at [BlackSquirrelTiming.com](http://BlackSquirrelTiming.com)

Cost Before Friday October 14<sup>th</sup> at 5:00pm is \$7

Cost Day of Meet is \$12

**\*\*Pay in person day of meet\*\***

Questions? Email Jeff

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