

Mid State Cross Country Association Championship
Wednesday, October 15th
Sharp Springs Park (Smyrna)
High School

Race Times

- 3:30 pm for high school girls (limited to 7 runners)
- 4:30 pm for high school boys (limited to 7 runners)
- 5:00 pm for high school boys JV

Arrival Times

- At least 1 hour before your race

Directions

Take I24 from Nashville take exit 66B Sam Ridley Parkway exit.

From Murfreesboro take exit 66 Sam Ridley Parkway and turn right onto Sam Ridley Parkway.

Go 4.7 miles and turn left onto Weakly Lane (there is a light at the intersection); a bowling alley will be on your right and a gas station on your left.

Go .2 miles to the 1st light and turn right onto Swan Drive. Swan Drive will elbow left into Espey Drive. Sharp Springs Park is on your right.

Link on Google Maps:

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=37027&ie=UTF8&ll=36.003979,-86.488023&spn=0.015588,0.042143&z=15>

Contact Information

Mike Carmody 974-3113

Bonnie Carmody 481-9559

Leslie Parker 415-2713