

**Mid State Cross Country Association Championship**  
**Wednesday, October 21<sup>st</sup>**  
**Sharp Springs Park (Smyrna)**  
**High School**

**Race Times**

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

**Arrival Times**

- 2:30 pm for high school girls
- 3:30 pm for high school boys

**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**

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