

SEP Cross Country Camp

\$60

\$65 after August.31

MONDAYS AUG. 27 - OCT. 8

5:15-6:00p.m. @ Cross Country Course | Grades 3rd-6th



Please Bring

- Water
- T-Shirt
- Shorts
- Running Shoes

Campers will complete workouts consisting of warm-up, running, cool-down, and stretching.

All-comers race will be held on the final night of camp, Oct. 8 (included in camp registration).

Camp Dates: 8/27, 9/10, 9/17, 10/1, 10/8 (NO CAMP 9/3 and 9/24)

Camper's Name	Grade in Fall	Age	School
Address	City, State, Zip		
Home Phone	Emergency Phone		
E-mail	Circle T-Shirt Size		
	Youth M	Youth L	
	Adult S	Adult M	Adult L Adult XL

Click [HERE](#) to Register online at RamMall, or mail the completed form & check payable to:
 Southeast Polk High School, Activities Office, 7945
 NE University Ave., Pleasant Hill, IA 50327

Contact

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