

SEP Cross Country Camp 2019

MONDAYS AUG. 26 - OCT. 7

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



Please Bring

- Water
- T-Shirt
- Shorts
- Running Shoes

\$65

Students will be exposed to cross country training, drills, and competition. Cost includes 1 mile race for grades 3 and 4 and a 1.5 mile race for grades 5 and 6 on final camp date.

Camp Dates: 8/26, 9/9, 9/16, 9/30, 10/7 (NO CAMP 9/2 and 9/23)

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

\$A non-refundable \$5 processing fee will be issued on requested refunds.

Contact

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