 

**WEST COUNTY**

**Tiger Twilight Two-Miler - 2021**



**5 November 2021 –West County HS Track**

**Tiger Twilight Two-Mile Invitational @ West County Track - 5 November, 2021**

Come join us for a pre-Finals opportunity to tune-up your Cross-Country running pace in a fun event of progressively faster heats of 3200 m runs on the West County (Analy) Track at Twilight!!

Alternating boy/girl heats will begin at 6 PM with 12-15 runners per heat.

Historic T-Shirts for the winners of each heat!

Interested teams should email the completed ATTT Entry spreadsheet attached with their best estimates of runner 3200 m seed times to [megrismer@ucdavis.edu](mailto:megrismer@ucdavis.edu) by 6 PM on 30 October 2021.

Performance lists will be returned to coaches for review, scratches and corrections by 6 PM on 1 November 2021.

Entry fees of $60 per team (boys & girls), or $5 per runner. Please return entry fees payable to:

Mark Grismer

7311 occidental Rd

Sebastopol, CA 95472