

“One-Hour Distance Challenge”

Sponsored by the
Solanco Cross Country & Track Alumni Association



Solanco High School Track

June 8, 2024

“Under the Lights”

(severe weather date June 9th)

Registration 6:00 – 6:45

Individual Race & Walkers 6:45 – 7:45

Relay Teams Pre-Race Meeting 7:45 – 8:00

ALL Team Relays 8:00– 9:00

High School Awards 9:15

Celebrate Running Fun

Music

Kid Games

Prizes to all registered participants

The 2024 Solanco Cross Country & Track Alumni Association will be hosting a one-hour race and team relay on Saturday, June 8th at the Art Harrington Track Complex at Solanco High School. Registration is open to all SLCXC student-athletes, families, alumni, Lancaster Lebanon schools and friends of SLCXC.

The event will feature two races, one for **individuals** and another race for **relay teams of 4 runners**. Individuals and relay teams will attempt to log as many miles as they can during the one-hour run on the Solanco High School track.

We will also be featuring a special category the “**Lancaster Lebanon High School Team Division**”. We have invited our LLLXC & Track friends to join us. We will have awards for the members of the 3 top Lancaster Lebanon League high school relay teams (boys, girls, & mixed). *Coaches and family members of the visiting schools are also welcome to participate as individuals or as relay teams.*

The cost of this event will be \$25 for individual runners and \$25 for each member of the relay teams. **All registered participants will have an opportunity to pick fantastic running merchandise from our prize table throughout the evening.**

A lap counting sheet and clipboard will be provided to all individuals and teams. *All individuals and relay teams are responsible to have their own lap counter for the event.*

Same day registration will be accepted but **advanced registration is strongly encouraged by June 1st** to assure a successful event.

The Solanco XC & Track Alumni Associations primary purpose is to support the Solanco XC & Track programs through encouragement and support. The largest percentage of our proceeds fund the Coach Art Harrington, Coach Lee Rhodes and Coach John Waggoner Scholarships.

**In the event of a severe weather event such as “thunder and lightning” the event will occur on Sunday, June 9th.
If severe weather occurs cancellation of the event will be posted at www.solancoxc.org by 4PM on the 8th.**

Questions? 717-519-7058