2019 Palmer Open & Varsity 5A Regional Championships

**Open Championships: Wednesday, October 16, 2019**

Race Times: 3:30 p.m. Boys

 4:10 p.m. Girls

* All athletes are excused from school at 1:30 and expected to arrive at MVP by 2:00

**Varsity 5A Regional Championships: Thursday, October 17, 2019**

Race Times: 2:30 pm: 5A Region #5 Girls

3:30 pm: 5A Region #5 Boys

* All athletes are excused from school at 12:12 and expected to arrive at MVP by 1:00

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