

**NEW: SAME DAY REGISTRATION AVAILABLE**

**SMHS-  
BLUE & WHITE  
OPEN ~ 5K  
For Individual  
High School Runners  
Only (9th - 12th Graders)**



**Date:** Oct. 3rd, 2020

**Where:** Como Lake Park  
Lancaster, NY 14086

Racers will register as individuals. The cost will be \$15 per runner, which will be paid day of the race. Top 10 runners will receive medals.

**All runners must  
Register before  
September 30, 2020**

**RACES:**

9th & 10th Grade Girls  
Race - 9:00am

9th & 10th Grade Boys  
Race -9:30am

11th & 12th Grade Girls  
Race -10:00am

11th & 12th Grade Boys  
Race -10:30am

- All Individual Runners must check in at the Casino and will pay their \$15 at check in (**cash only**).

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