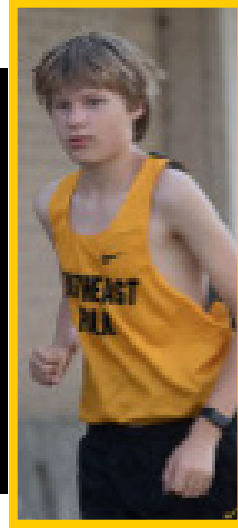


# **SEP Cross Country Camp**

**MONDAYS, SEPT. 8 - OCT. 6**

**5:30-6:15 pm @ SEP Cross Country Course | Grades 3-6**



Students will take part in cross country training, drills, & competition.  
Cost includes a shirt and a race on the final camp date:  
1 mile for grades 3-4; 1.5 miles for grades 5-6.

**\$75**

Please bring water, a t-shirt, shorts, and running shoes.

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



**Contact**

Patrick Owens  
(515) 967-6631 x2207  
[Patrick.Owens@southeastpolk.org](mailto:Patrick.Owens@southeastpolk.org)

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