



GWAC CROSS COUNTRY MEET

THURSDAY, October 11, 2018 @ 4:00 pm CST

Welcome to the 2018 GWAC Cross Country Meet. We are happy to be hosting this event. I hope that each team meets with success.

You will receive team packets upon your arrival, which will include race numbers, timing chips and maps of the course and other pertinent information. Please pick them up ASAP.

Thanks for coming.

1. The GWAC Cross country meet will begin at 4:00 PM CT on the Thursday of SCW #15 and will be HS varsity and MS competition only (the Saturday of SCW #15 will be the make-up date). The host school will host a combined JV/Varsity girls race followed by a combined JV/Varsity boys race. All competitors must be declared as either JV or Varsity runners by the deadline set for entries. There will not be any league recognition given in the JV races. The host school will host a 7th Boys/Girls 2 mile race and a 8th Boys/Girls 2 mile race.

Kellen J. Adams, from DBA-Midwest Timing & Results will be in charge of running and scoring our meet. We will be utilizing Athletic.net for all entries. High School Coaches must declare Varsity and JV Runners. These declarations will be final at the deadline listed below. You may reach him at kjadams@midwesttiming.com or Cell – (785) 650-8282. **Please have entries entered on Athletic.net by 6:00 pm on Wednesday, October 10, 2018.**

"Timing chips will be issued to each runner. These chips are to be worn as intended or runners will not be able to receive an official time/result. All coaches are asked to collect chips upon conclusion of each race and return at the end of the meet. Any unreturned/missing chips will be charged a \$30/chip fee."

2. The League Championship will be determined using scoring and tie-breaking procedures in accordance with KSHSAA guidelines.

3. For the HS league meet, medals will be given to runners in both boys and girls varsity divisions for the first ten places in the meet. For the MS League meet, medals will be awarded for the first 5, each gender by grade

We will start the first race at 4:00 pm. The other races will begin as soon as the last runner from the previous race crosses the finish line.

Order of races:

4:00 7th Boys and Girls (2 mile)
 8th Boys and Girls (2 mile)
 JV AND Varsity Girls (5K)
 JV AND Varsity Boys (5K)
 GWAC Awards Ceremony.



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BENTWOOD GOLF COURSE INFORMATION

1. Coaches, please remind your athletes to stay off the greens and tee boxes. We are the guests of the golf course so we want to limit the damage to the course as much as possible. Your help will be appreciated. **Please see to it that your teams keep their camping areas clean throughout and after the meet.**
2. Athletes may use the golf course restrooms along with Porta-potties located in the parking lot. Please ask athletes to refrain from entering the clubhouse.
3. Flags and cones will mark the course. It would be to your advantage to have your squad walk the course prior to running. During the race, there will be spotters at all turns. Go around each turn. Runners are to stay within 3 feet of the flags at all times.