14th Annual Ness City Cross Country Meet Thursday, October 1st

PLACE: Ness County Golf Course/Country Club (6 miles north of Ness City on Highway 283)

TIME: 4:00p.m. JH Race (All Run Together)-1 Mile Loop

4:15p.m. J.V. Boys & Girls-Unlimited entries per school. *We will combine both JV Races. Both will run 5K.*

*National Anthem immediately following JV Race.

4:50p.m. Varsity Girls (5K) Max of 7 runners per school. 5:25p.m. Varsity Boys (5K) Max of 7 runners per school.

***THERE WILL BE NO AWARDS CEREMONY.

Medals will be in Team envelopes near the finish line or clubhouse after all of the races have finished and results are completed.

ENTRIES: Please use www.athletic.net for your entries. These need to be finished by Tuesday, October 29th at 11:59pm. \$45.00 per boys team, \$45 per girls team, \$9 per individual.

SCORING: Only 7 runners per school may run in the Varsity races. Top 5 girls on each team will score. Top 5 boys from each team will score.

No team scores for JH & JV races.

AWARDS: Top 10 Individual Medals for J.V. races (No Team Medals).

Top 15 Individual Medals for Varsity. 1st – 3rd Place Team Medals.

Small prize for ALL JH competitors!

PARKING: School vehicles/buses park in parking lot. All other vehicles park inside the golf course,

south of parking lot. Follow the signs and Parking attendant.

DO NOT PARK ALONG HIGHWAY!!!

MISC.: -Please social distance yourself as best as you can. Please avoid being in large groups.

- -Please provide your own team's water for after the races.
- -DO NOT DRINK WATER FROM THE GOLF COURSE! It is not sanitary!
- -Team packets will be given near the clubhouse upon your arrival.
- -Port-A-Johns will be near the clubhouse for restrooms. Keep your athletes out of the clubhouse!
- -Results will be available near the clubhouse or finish area once scoring has been completed.

SCHOOLS: Central Plains, Dighton, Ellis, Healy, Hill City, Hodgeman County, Hoisington, Hoxie, Ingalls, Kiowa County, Natoma, Ness City, Otis-Bison, Palco, Scott City, Spearville,

Trego, Tribune-Greeley County, Wallace County, Wichita County, Victoria

Any questions please call, e-mail or text me. We look forward to hosting the meet and seeing you on October 1st!

Patrick Younger-Head Cross Country Coach Cell-785-798-7199 E-mail- patrick.younger@usd303.org

EMERGENCY ACTION PLAN

Ness City Cross Country

SPORT & VENUE: Ness County Country Club PRIMARY PHONE: 785-798-7199

VENUE ADDRESS: Highway 283 Ransom/Ness City KS 67572

AMBULANCE ACCESS TO VENUE: Parking Lot/West Gate

AED ONSITE & AVAILABLE FOR IMMEDIATE ACCESS

□ AED LOCATION: EMS Ambulance

STORM SHELTER LOCATION FOR ATHLETES & COACHES: Clubhouse

EMERGENCY RESPONSE PERSONNEL/CONTACTS

Identify personnel who will be involved in an emergency medical response. The person present with the highest level of medical training should be designated to lead and coordinate the emergency response until emergency medical personnel arrive on the scene.

	<u>NAME</u>	<u>PHONE</u>
EMS		911 or
Athletic Trainer	Case Beckman	(785) 798-0177
Team Physician		
Coach	Patrick Younger	(785) 798-7199
Coach		
Principal	Tom Flax	<u>(785) 798-0606</u>
Athletic Director	Marc Cowles	<u>(785) 821-1949</u>
Other	Kathy Clouston	(785) 798-0174
Hospital	Ness City Hospital	<u>(785) 798-2291</u>

1. Person(s) responsible to activate EMS (call 911):

Patrick Younger Tom Flax

PERSON CALLING SHOULD:

- Explain the type of emergency
- Provide exact location of emergency
- Provide exact location of where ambulance can access the facility
- Provide caller name and contact information
- DO NOT HANG UP until instructed by dispatcher
- Provide condition of patient and type of care being administered
- 2. Person(s) responsible to retrieve any emergency medical equipment:

Ness City EMS

Location of emergency/first aid equipment: Ness City Ambulance

Location of the nearest AED: Greeley County Ambulance

Person(s) responsible to prepare cold tub: Patrick Younger/Clyde McCracken/JD Moore

3. Person(s) responsible to meet/escort EMS to the scene:

Tom Flax Patrick Younger

PERSON MEETING AMBULANCE SHOULD:

Meet the emergency personnel as they arrive at the
 Have keys to any potentially locked doors, gates etc.