

**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-GreeleyCounty, 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

