

DATE: September 14, 2019

SUBJECT: Wamego Cross Country Inv.

Wamego Country Club Wamego, Kansas 66547

RACE DISTANCES: Our course distance will be 5K for boys and girls. The course layout will be the same as what will be ran at the state meet.

ACCOMODATIONS: Wamego has two motels. Simmer Motel (785-456-2304)

<http://simmertel.motelwhykansas.com/> and the Wamego Inn and Suites (785-458-8888)

<http://wamegoinn.com/> Manhattan is 12 miles to the west on highway 24 and has a number of motels to choose from: http://www.kansashotels.org/cities/Manhattan/?src_aid=1067~M~Manhattan-KS~Broad

*****COURSE WILL NOT BE AVAILABLE FRIDAY EVENING FOR WARM-UPS AND INSPECTION*****

RACE/AWARDS TIMES:

<u>RACE TIME</u>	<u>AWARDS TIME</u>
9:00 AM 4A Girls 5K	10:00 AM
9:30 AM 4A Boys 5k	10:30 AM
10:00AM JV. Girls (all classes) 5K	11:00 AM
10:30 AM JV Boys (all classes) 5k	11:30 PM
11:00 AM 1-2-3 A Girls 5K	12:00 PM
11:30 AM 1-2-3 A Boys 5K	12:30 PM

We will attempt to stay as close to this schedule as possible. We always wait until both the girl's and boy's race of each respective class is finished before we start the awards. This allows the Coaches and teammates to see the awards presentation.

AWARDS: Presentation of awards will take place at the football stadium to take advantage of the sound system and seating capacity

MEDALS: Team Medals – 1 st through 4 th Place Individual Medals - 123 A Girls and Boys 1 st through 40 th Place 4A Girls and Boys – 1 st , through 40 th Place JV Girls and Boys – (all classes) 1 st through 30 th Place

ADMISSION: Please alert your parents, fans, media, etc. to help defray the cost of the meet.

Students \$4 Adults \$5 Children under age 5 free. Thank you in advance for your cooperation.

PARENTS AND FANS: Parents and other fans will not be allowed near the tent area. People working in the tent will only field questions or concerns from Coaches, NOT PARENTS. People other than coaches will be escorted away from the area. Dogs should not be brought to the meet. Wamego Country Club Rules

COURSE MARKINGS: A white paint line will mark the entire course. If we have inclement weather, the runners will always run between the red flag markers. Times will be given at the 1 mile and 2 mile marks.

COURSE INSPECTORS: Inspectors will be stationed around the course for the purpose of identifying any runner who might intentionally take advantage by cutting or performing any unsportsmanlike act to interfere with other runners.

RESTROOMS: There will be 2 portable restrooms located right across from the golf course entrance, 7 portable restrooms placed west of the starting chutes across the road near our transportation lot, 1 portable restroom will be located near the Wamego Country Club House, and several available restrooms in the stadium.

INVITATIONAL T-SHIRTS: Invitational tee shirts will be on sale the day of the race for \$15.00.

FOOD AND DRINK: There will be a concession stand on the golf course just east of the main entrance onto the golf course and a concession stand during awards at the stadium.

Wamego has the following eating establishments: Barleycorn's Downtown Deli – 410 Lincoln Gene's Heartland Foods (Grocery, Deli and Hot Food) – 1003 HWY 24 Friendly Cooker - 520 Lincoln Friendship House – 507 Ash Gambino's Pizza – 1401 W HWY 24 Imperial Palace (Chinese Buffet) – 1701 Commercial Kreem Kup Drive- In -601 W. HWY 24 La Hacienda -1705 Commercial McDonald's -701 HWY 24 Pizza Hut -W HWY 24 Sonic Drive -In -1001 Lincoln Subway -807 HWY 24 Toto's Tacoz - 517 Lincoln