

September 12, 2019

Dear Coach,

The Greeley County Invitational Cross Country Meet will be held on Saturday, September 14th, 2019, starting at 9:00 a.m. mountain time (10:00 a.m. central time). There will be a short coaches meeting at the finish line area around 8:30 a.m. As in the past we will be running a Jr. High race of 2-mile for boys and girls. Make sure your school recognizes Jr. High cross-country and that the kids have had enough practices.

The meet will again be run on the golf course (Prairie Ridge) located just north of Tribune on Highway 27. I have changed the course from previous years and have included a map (I hope).

The girls and the boys will both run 5K. We will run Varsity/Junior varsity format of the High School races. The girls will run together, the boys will run together, and we will let the computer separate the Varsity and JV for awards. We will try to use the following schedule: (times are MT)

9:00 a.m.	Jr. High Girls Race (2-mile). Numbers will dictate if we run JH together.
9:30 a.m.	Jr. High Boys Race (2-mile)
10:00 a.m.	High School girls (5K)
10:30 a.m.	High School boys (5K)
11:00 a.m.	Awards

15 individual medals will be awarded for the Varsity division as well as the top three teams. 10 - individual medals for the JV race. For the Jr. High division, the top 10 - 7th grade boys and girls and the top 10 - 8th grade boys and girls.

The entry fees are as follows:

\$50.00 per HS girl's team; \$50.00 per HS boy's team (maximum of \$100.00 per HS)
or \$9.00 per runner if less than 5 runners
\$5.00 per Jr. High runner

We are planning on electronically timing the meet, to help facilitate that, we are using the online website – Athletic.net to make your entries. **PLEASE** make sure you get your **JH/MS KIDS IN THE CORRECT GRADE!!!!**

Saturday's weather is supposed to be nice, but I hope you are encouraging your athletes to drink plenty of water, both, the day before and the day of the meet. You might also encourage your coaches to do the same. Hopefully with the meet in the morning, the temperatures will still be cool and we won't have to worry about the heat. We will still have water at the finish line for the runners.

Thank you and we look forward to having you compete at our invitational. Remember; please have you entries on line by 11:00 pm, September 12th and double check to make sure you have the MS/JH kids in the correct grade.

Thanks,

Greg Cook, Cross Country Coach

