

Wamego High School



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TO: Athletic Director and Head Cross-Country Coach

FROM: Dennis Charbonneau, Athletic Director and Rick Patton, Head Cross Country Coach

DATE: September 14, 2019

SUBJECT: Wamego Cross Country Inv.
Saturday, September 14, 2019
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.*

ENTRY FEE: \$60.00 Per Girls Team \$60.00 Per Boy's Team or \$10 .00 Per Individual up to and including 4 runners *** Maximum fee per school = \$120.00

ACCOMODATIONS:

Wamego has two motels. Simmer Motel (785-456-2304) <http://simmermotel.whykansas.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
11:30 AM 1-2-3 A Boys 5K

12:00 PM
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.

Entry Information: Submit entries online through www.directathletics.com The meet will be registered as 2019 Wamego XC Inv. At the bottom of this letter you will find the directions for completing the online entries through directathletics. Coaches if you have questions about entering your athletes online through directathletics please email Jess Herbig at jherbig@goddardusd.com He is in charge of our chip timing system this year. **Entry Deadline is noon on Tuesday, September 10, 2019**

Varsity Race: **Coaches you may only run seven athletes in the varsity race.**

JV RACE: Enter as many athletes as you wish. The girls JV race will be ran at 10:00 AM, and the boys JV race will follow at 10:30 AM. First come, first serve on the chutes.

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

BUS PARKING: Our reserve officers will direct you into the sport complex parking area. School vans/cars are to park along the south edge of the sport complex. Thank you in advance for your cooperation in this matter.

COACHES MEETING: There will be a short coaches meeting right before each varsity race. Coaches will be called forward before each race.

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.**

RULES COMMITTEE: The rules committee will be made up of three coaches. Coach Rick Patton will contact coaches to serve as rules committee members. IF the rules committee is needed, those coaches will be called to the white trailer north of the tent.

PICKING UP INFORMATION: WHS Cheerleaders will be handing out packets of information for all participating schools. They will include everything you will need including numbers and pins. IF you need more pins, come to the tent area and ask for more. The packets will be located right inside the entrance gate.

UNIFORM RULES: Coaches, please make sure you double check and triple check your athletes for the uniform rules before your athletes run. We don't want any runner to be disqualified.

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

How to Submit Online Entries

STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a Direct Athletics account for your Track & Field team, and know your username and password....	If you do NOT know your username and password....
1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login.	1) Go to www.directathletics.com 2) Click on the link "New User? Click HERE".

(Remember that your password is case-sensitive)

3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

****NOTE ABOUT ACCOUNTS: Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:**

Sport: Track & Field

Team: Plano East HS (M)

This indicates that you are controlling the Plano East HS MEN'S team (M=MEN). To switch to your Women's team, you would select "Plano East HS (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes First Name, Last Name and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.

- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.

- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.