



Lincoln Jr./Sr. High School

Principal: Christi Walter
Athletic Director: Nikki Flinn

701 E. North St.
PO Box 269
PH - 785-524-4193
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To: Athletic Director & Cross Country Coach

From: Steve Crist, Cross Country Coach

Re: Lincoln Invitational Cross Country Meet

Schools Invited: Bennington, Osborne, Lakeside, Lincoln, Wilson, Tescott, Natoma, Republic County, Solomon, Sylvan-Lucas, Tipton

Date: Thursday October 10th, 2019, @ 4:00 p.m.

Race Order: All 7th Grade (2 Mile) 4:00 p.m., All 8th Grade (2 Mile), H.S. Boys (5K), H.S. Girls (5K)

Scoring: We will use our Hy-Tek computer program to score the meet. **The top 4 runners will be used for scoring.**

Medals: We will award 15 medals in the varsity boys and girls races. Plaques will be awarded to the top 2 boys and girls teams. We will award 5 medals to each junior high division. (7th girls, 7th boys, 8th girls, 8th boys). (Junior High medals will be given out as they leave the chute.)

Results: Individual results will be given as soon as they can be tabulated.

Entries: Please have your entries back to me by **Monday, October, 7th**. You may email crist.steve@usd298.com or fax (524-5114) your entries.

Entry Fee: High School \$40.00 for a team or \$7.00 for an individual.
Junior High \$5.00 per individual maximum of \$20.00.

Restrooms: will be available in the clubhouse. We will also have some port-a-potties available.

Information: Packets of information, labels for runners, course maps, safety pins and other information will be available for coaches upon their arrival.

If you have any questions please call Steve Crist at (785) 524- 4193. Our fax number is (785) 524-5114.

The Lincoln Golf Course is located 1 mile east of the school on a black top road.