



Lincoln Jr./Sr. High School

Principal: Christi Walter
Athletic Director: Nikki Flinn

701 E. North St.
PO Box 269
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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, Palco

Date: Thursday October 8th, 2020 @ 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. Medals will be awarded to the top 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: Results will be emailed Thursday evening or Friday morning. We will **NOT** have an awards ceremony. If you want to wait for medals and results we will have them ready ASAP. If not we will deliver medals the following week.

Entries: Please have your entries back to me by **Monday, October, 5th**. 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. **Please encourage your athletes to wear a mask if they go 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 high school.

Covid-19 Guidelines

Athletes and Coaches: We encourage you to wear masks in areas that social distancing is not practical. Please be respectful of all athletes, coaches, and spectators. We want to avoid any virus outbreaks, especially this late in the season.

Starting Line: Please have your athletes wear their mask at the starting line as much as possible. We will try to allow extra space but please take extra precaution with the masks. The first command the starter will give is for the athletes to remove their mask. Then he will give the 2 command start.

Finish Line: Please help us try to keep the finish line area as open as possible. As your athletes finish please encourage them to walk away from the finish line area and move toward their team camp area. Again, please encourage masks as much as possible in the finish line area.

Spectators: Please encourage your fans to wear masks as much as possible. We never want anyone to catch the virus but this late in the season a two-week quarantine will put the athletes right up against the regional meet. Let's do everything we can to avoid that scenario.