

# Southeast of Saline Junior/Senior High School

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## **CROSS COUNTRY INVITATIONAL**

Tuesday, September 24, 2019

**Location:** Southeast of Saline High School, 5 miles west of Gypsum on K-4 Highway

**Facility:** The race will begin on the football field and end on the football field. We will cross the track so if you wear spikes, have them no longer than 1/4".

### **Starting Times:**

Elementary Fun Run: 2:45 pm

Junior High 7<sup>th</sup> grade 3:45 pm

Junior High 8<sup>th</sup> grade 4:05 pm

**High School Girls Varsity: 4:30 p.m.**

**High School Boys Varsity: 5:00 p.m.**

**High School Boys and Girls JV: 5:30 p.m.**

We will run a 7<sup>th</sup> grade race (2 mile) for both boys and girls. They will finish in different chutes. We will follow that race with an 8<sup>th</sup> grade race (2 miles). We will award medals to top finishers in each of the 4 divisions. If you have Junior High runners please enter them on the entry sheet.

**Scoring:** We are using a computer scoring program in hopes of speeding up the results. We will try to have results available at the Awards Ceremony. We will mail results along with next year's contracts shortly after the meet.

**ENTRIES:** We will be using DirectAthletics to enter athletes this year. Most of you have used this website but if it is your first time please contact Coach Wade Caselman and he will walk you through it. Please have your initial entries in DirectAthletics by 6:00 pm on Friday, September 20<sup>th</sup>. You can email Coach Caselman during the week with any changes and if needed and we can adjust your varsity list the day of the meet.

**Race Participation:** In the varsity race, you are limited to a maximum of seven runners in the race. To be fair to the majority of the J.V. runners, we encourage you to have at least five runners in the varsity race before you enter a runner in the junior varsity race. Please confer with Coach Caselman if you have questions or inquiries about this.

**Schools Attending:** The following schools are contracted to attend the **High School meet**. Abilene, Berean Academy, Chapman, Ellsworth, Halstead, Hesston, Hillsboro, Lincoln, Minneapolis, Russell, Sacred Heart, Smoky Valley, Solomon, Sterling, St Xavier, Sylvan-Lucas, Tescott and Southeast of Saline.

The following schools are planning to attend the **Junior High meet**: Abilene, Berean Academy, Chapman, Concordia, Cornerstone, Ellsworth, Halstead, Hesston, Hillsboro, Lincoln, Minneapolis, Republic County, Sacred Heart, Salina South Middle, Smoky Valley, St. Xavier, Sterling, Tescott, and Southeast of Saline.

**Awards Ceremony:** The awards ceremony will be held on the football field, just in front of the press box. We plan to serve pizza to all of your athletes (and fans if enough left over) We hope everyone has an enjoyable time and is able to establish some running friendships.

**Awards:** 25 medals for Boys Varsity - 2 sets of team medals

25 medals for Girls Varsity - 2 sets of team medals

10 medals for Boys J.V. race - no team scores 10 medals for Girls J.V. race - no team scores -

10 medals for 7<sup>th</sup> grade boys 10 medals for 7<sup>th</sup> grade girls (No team scores)

10 medals for 8<sup>th</sup> grade boys 10 medals for 8<sup>th</sup> grade girls (No team scores)

**Entry Fee:** High School - \$45.00 per team - \$90.00 for Boys and Girls - or \$9.00 per individual if you have less than 10 total runners. Junior High - \$30.00 per school or \$6.00 per individual, whichever is least.

Coach Wade Caselman

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