

**Lyle Alley Invitational**

**Cross Country Meet**

**Est. 2018**

**Tuesday October 22, 2019**

**LOCATION**: Jackson Heights MS/HS. The course is just south of the football stadium.

**PARKING:** Please park busses in the parking area just north of the football stadium.

**PARTICIPANTS**: Doniphan West , Jeff County North, Holton, Horton, Kickapoo Nation, Nemaha Central, Onaga, Riverside, Troy, Valley Falls, Cornerstone, Jackson Heights

**STARTING TIMES**: 3:45pm - MS Girls and Boys

(Times are Approx.) 4:10 pm – Varsity and JV Girls

 4:40 pm – Varsity and JV Boys

**ENTRIES**: Open the ‘XC Rosters - Jackson Heights Meet’ document that is attached, click File and then select Make a Copy. Complete and email back the copy by Thursday, October 17, 2019. Email to: cody.witte@jhcobras.net

\*You must declare your varsity team - 7 runners

**NUMBER BIBS:** Number Bibs will be worn by ALL runners. The bottom of the Number Bibs will be torn off at the end of the chute. This will serve as a back-up.

**CHUTE NUMBERS:** Chute numbers will be written on the outside of your team packet.

**AWARDS**: Awards ceremony will take place in front of the home bleachers on the football field. Please have your parents and fans sit in the bleachers for the ceremony.

 **Middle School:** 5 medals for each division, 7G, 7B, 8G, 8B

 **High School:** 20 individual medals for varsity girls and boys

 3 sets of team medals for varsity girls and boys

 5 individual medals for JV girls and boys

**ENTRY FEE**: **High School:** $10 per entry up to five entrants or $50 per team. $100 total

 for girls and boys team.

**Middle School:** $10 per entry. $50 total for girls and boys team.

**RESTROOMS:** Locker rooms and showers will not be available. Restrooms are located

 on the west side of the school - across from the pressbox.

**CONTACT:** Cody Witte Phone: 785-364-2195

 Email: cody.witte@jhcobras.net Fax: 785-364-2487