



Lyle Alley Invitational Cross Country Meet



Tuesday October 16, 2018

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 11, 2018. 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.

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