

 **Northeast Kansas League**

**Cross Country Meet**

**Thursday October 17, 2019**

**Jackson Heights High School**

**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.

**STARTING TIMES:** 4:00 pm – Girls Varsity and JV

(Times are Approx.) 4:30 pm – Boys Varsity and JV

**ENTRIES:** Open the ‘NEKL XC Rosters Form’ that is attached, click File and then select Make a Copy. Complete and email back the copy by Friday, October 11, 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. Championship Plaques will be awarded to both boys and girls teams along with 15 individual medals for boys and girls.

**ALL LEAGUE:** The first seven runners in each race will be designated FIRST TEAM ALL LEAGUE. Runners 8-15 will be designated SECOND TEAM ALL LEAGUE.

**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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