



# Northeast Kansas League



## Cross Country Meet

Thursday October 15, 2020  
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:** Register your runners using Athletic.net. The instructions for this meet are attached. Be sure to designate your varsity and junior varsity runners. If you have any questions email Coach Brad Alley: [brad.alley@jhcobras.net](mailto:brad.alley@jhcobras.net)  
**Please submit entries no later than Friday, October 9.**

**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:** There will be NO league medal/trophy ceremony. Coaches are encouraged to wait 10-15 minutes at the conclusion of the boys race for packets with medals. These can be picked up at the finish line from Jackson Heights Coach Brad Alley. Medals will be mailed to those teams that choose to leave before the medals are ready.

**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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