

NEK Cross Country Meet

At Mission Lake Country Club

Meet Director: Skylar Wikle wikles@usd430.org

October 14, 2021

Teams Attending: ACCHS, Jackson Heights, JCN, McLouth, Oskaloosa, Pleasant Ridge, Valley Falls, Maur Hill-Mount Academy and Horton

Race Time:	Varsity Girls	4:30 p.m.
	Varsity Boys	5:00 p.m.

Rosters: Please follow the instructions on the following sheets to enter your team on athletic.net by October 10

Number Bibs: Number bibs are to be worn by Varsity runners. You may run as many as you wish, but must designate the 7 Varsity runners. We will run a girls race and a boys race. The information on Awards below is from the NEK Handbook.

Chute Numbers: Will be in your packets.

Monitors: Will be located on the course to direct runners and check for violations

Timers: Times will be read at the 1 mile and at the 2 mile points

Awards: We will have an awards presentation at the conclusion of the Boys race.

NEK Medals - The first seven runners in each cross country race (boys and girls) at the NEK meet shall be designated First Team All League and the next eight shall be designated Second Team All League. Only the top 15 individual finishers at the league meet will receive medals (1 gold, 1 silver, 13 bronze). Runners have to compete in the NEK Meet to be eligible for All League status.

(2)	Plaques-	1 st Boys, 1 st Girls
(30)	Medals-	(15) Boys-1 gold, 1 silver, & 13 bronze

(15) Girls-1 gold, 1 silver, & 13 bronze

Parking - Buses will drop off runners at the Club House, then turn around and park in the East Grass Parking Lot. Fans will park in the East Grass Parking Lot

Hospitality Room - Coaches, workers, administrators, bus drivers will be set up in the Club House.

4. Register athletes for NEK League

- Locate **NEK League** on your team's main Cross Country page and click on it
- Click "**Register Athletes**"
- Follow instructions on the meet registration page to enter your athletes into the appropriate division(s).
- Use the "Add an athlete" buttons to add athletes to your roster if needed.