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- 1st Boys, 1st 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.

NEK League Online Entry Instructions (#202999)

Date

10/14/2021

Host

Horton

Location Horton Country Club Director

Horton 66439

Email

Phone

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free statistic tracking, easy meet registrations, free meet managers, and free tools to simplify common coaching tasks.

Follow the 4 steps below to get started:

1. Sign up for a free coach account (if you do not have one)

- Go to the website: www.athletic.net
- Click on 'Log In' in the upper right hand corner, and then click 'Sign Up' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to the Events page
- Start typing **NEK League** into the Search Box
- Expand the meet card, and find the button to add this meet to your teams calendar
- Repeat this process for the rest of your season calendar (You can also find meets by date and location)
- If a meet is not listed, you can add it to your calendar by clicking 'Add new Event' and following the wizard
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

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.