

2018 C-1 District Cross Country Meet Boys Town

- To: Athletic Directors and Cross Country Coaches
- Date: Thursday, October 11, 2018
- Location: Boys Town High School
- Times: Varsity Girls 4:00 pm
Varsity Boys 4:45 pm
- Distance: Girls – 5,000 meters Boys – 5,000 meters
- Awards: District Championship and Runner-up plaques in each varsity division. Individual medals to the top 15 finishers in each division.
- Packets: Coaches can pick up their team packets at the course the day of the race. Drop and add may be done at this time as well. Any changes must be completed by 3:30.
- Entries: **All entries must be entered online via – <http://www.aspimeetz.com/28279> by Wednesday, October 10, 2018 at 11:00 a.m. We are using ‘Black Squirrel’ timing so all results will be electronic and immediate.**
- Restrooms: Please use the restrooms located in the Palrang Field House. Use the new entrance (southern-most doors).
- Schools
Entered:
- | | | |
|-------------------|--------------|-----------------|
| Arlington | Conestoga | Louisville |
| Ashland-Greenwood | DC West | Omaha Concordia |
| Auburn | Falls City | Syracuse |
| Boys Town | Fort Calhoun | |
- Walk Course: Check in and walk course 3:00 p.m. to 3:45
- Award
Ceremony: Will be held outside by the starting line, immediately following the last race and tabulation of results.
- Parking: Please park all buses and team vans in the football stadium parking lots only (South). Do not park vans or buses near the course.
- Course Info: SEE MAP Spikes are allowed, but there are some hard-surface areas. **NO SPIKES ARE TO BE WORN ANYWHERE INDOORS!!!**
- Atomiziers: A contestant who needs an inhalant may carry an atomizer with him/her during the race, if he/she has a WRITTEN statement from their doctor. You must present this to the meet director or the starter prior to the race.