

ECNC CROSS COUNTRY MEET

DATE: **Tuesday, October 2, 2018**

PLACE: Branched Oak Lake State Rec. Area (see enclosed map)/ Hosted by Malcolm.

TIME: **4:00 Girls Varsity & JV (5000m)**
Boys Varsity & JV (5000m)
Jr. High Boys and Girls
AWARDS FOLLOWING IMMEDIATELY

AWARDS: ECNC Championship, Runner –up and Third Place Plaques to the 1st, 2nd and 3rd placing girls and boys teams.
Medals to the top 15 girls' and boys' finishers.
Jr. High the first 10 girls' and boys' finishers will receive medals

PARTICIPATING SCHOOLS:

**AUBURN, CONESTOGA, ELMWOOD MURDOCK, JOHNSON COUNTY
CENTRAL, LOUISVILLE, MALCOLM, PALMYRA, WEEPING WATER,
YUTAN**

PARKING: School buses and school vans should park in the area marked 1 on your map. Cars should park in the areas marked 2, 3 and 4 on the map. Remember vehicles with state plates can enter the park with no permit; all others will need to have a permit. One day permits will be on sale at the park.

FACILITIES: Teams please come dressed. No showers or locker rooms will be available unless you go back to the high school. There are water hydrants by the bus parking lot. There are restrooms for the runners by their bus parking area.

MEDAL PRESENTATIONS:

Medals and plaques will be presented in the area by the finish line. Have fans bring chairs to sit on if they wish or sit on the picnic tables and benches.

RESTROOMS: There are several of them in the area near the running course. Check the map.

PACKETS: **PICK UP PACKETS** at the scorers table the day of the meet. **DROP AND ADD** may be done at this time for any last minute changes. **DROP and ADD must be concluded by or before 3:15.** The course may be walked the day of the meet. Plan to arrive in time to allow time to walk the course.

UNIFORMS: Uniforms must be regulation for the high school, and issued by the school. Please remind your athletes that they must comply with uniform rules and jewelry rules as set by the NSAA and found in your cross country manual.

SPIKES: Permitted on the entire course.

NUMBERS: The large numbers are to be pinned on the front of the jersey using 4 pins. The small numbers will be on the left side of your shorts below the jersey line. Once the numbers are on the coaches responsibility ends. Malcolm personnel will be responsible for timing and scoring.

ATOMIZERS: 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.

ENTRIES:

**DUE BY WEDNESDAY THE 26TH OF SEPTEMBER BY MIDNIGHT.
MAKE SURE YOU RUN UNDER YOUR ASSIGNED NUMBER. PLEASE
FOLLOW THE GUIDE IN THE PACKET. YOU MAY BE DISQUALIFIED FOR
RUNNING UNDER THE WRONG NUMBER.**

We will be using the HYTEK Meet Manager Computer Program and will be using an online entry form. Please go to <http://.aspimeetz.com/28312> . This online entry allow your entries to be imported to the HY-TEK PROGRAM. You will need to enter your athletes in the Varsity/ Jr. Varsity races respectively. We need your roster and grade entered into the online entry form. Please include all athletes eligible to compete for your school at this meet even if they are not entered into an event.

SEE ENCLOSED MAPS FOR WALKING AND PARKING