



**HAYS MIDDLE CROSS
COUNTRY INVITATIONAL**

Sept 15, 2020

NOTE: WITH THE EXTREMELY LARGE NUMBER OF MIDDLE SCHOOL RUNNERS ATTENDING THIS YEAR, WE WILL BE RUNNING 4 MIDDLE SCHOOL RACES! ONLY 10 RUNNERS ALLOWED PER DIVISION!

We are excited to host the *Hays Middle Invitational Cross Country Meet* Tuesday, Sept. 15, 2020. Teams participating are: Garden City Horace Good, Garden City Kenneth Henderson, TMP, Liberal South, Liberal Eisenhower, Dodge City Comanche, Dodge City Middle, Plainville, Ness City, Ellis, Colby, Great Bend, Salina Lakewood and Hays.

LOCATION: Enersys Corporation, 1 Enersys Road, Hays KS. 67601

Parking and restrooms will be available @ the Ellis County Fairgrounds just west and adjacent to Enersys.

7th Girls race begins at 2:30.

We will use a rolling schedule.

TIMES:	2:30	7 th grade	Girls	1 mile
		7 th grade	Boys	1 mile
		8 th grade	Girls	2.00 miles
		8 th grade	Boys	2.00 miles

ENTRY FEE: \$60.00 per school. Less than a full team is \$5.00 per individual not to exceed \$60.

SCORING: Each runner will receive a number that is to be pinned on the front of his/her uniform. They will also be given a tie-on chip for their shoe for the chip timing. The chip and bib number will be used to score the meet, so please make sure the athlete has the matching bib number and chip number. Coaches will be responsible to make sure that all chips are returned to Kellen Adams. You will be charged for any missing chips.

All results will be posted following the completion of each race.

You may provide water to your runners at any time on the course.

MEDALS: Medals will be presented during a short ceremony following the last race.

Medals will be given to top 10 in each race.

Entries are due Sunday, September 13th by midnight. This year we have contracted to have the meet timed by Midwest Timing and Results

Invitations have been sent to your Team Account. If you have any trouble with the entry site, please contact Kellen Adams; kjadams@midwesttiming.com"

You may have to arrow down to the Hays Middle School Invite in the drop down menu. Be sure to enter the kids in the appropriate category (middle school or high school). I look forward to seeing all of you on Tuesday September 15th.

We look forward to seeing you and your team at our meet.

Bruce Rupp, AD, CAA