

Pleasanton JH/HS Cross Country Invitational

October 7, 2021

Dear Coaches and ADs:

The Pleasanton JH/HS Cross Country Invitational will be at the Pleasanton City Lake (Stegge Lake) which is west of the High School on Thursday, October 7th at 4:00 pm.

Entries: We will be using Midwest Timing and results this year for timing and results of the meet. The following link

<https://drive.google.com/file/d/1IXs-bADhXEZAsOK6JoSCuMZt9ASqyxkX/> will give you directions on how to enter your athletes on milesplit. If you have any questions on the entry process, contact Rebecca Atchley at rebecca.atchley@flosports.tv

RESULTS: Final results will be emailed to the school ADs when available.

Live results can be found at:

<http://www.midwesttiming.com/october-21.html>

COACHES MEETING: There will be a brief coaches meeting at 3:40 PM.

COURSE/MEET INFORMATION: The course is mostly grass but some parts of it are compacted chat. Athletes will receive their medals as they finish. Varsity Team Medals will be announced/handed out after the conclusion of the meet. Please come dressed to run as there will be no changing areas available. There will be a coach's meeting at 3:30.

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| RACE TIMES & DISTANCES | 7th Grade | 4:00 pm | 2 miles |
| | 8th Grade | 4:30 pm | 2 miles |
| | JV (B/G) | 5:00 pm | 5K |
| | Varsity Girls | 5:30 pm | 5K |
| | Varsity Boys | 6:00 pm | 5K |

****Times are approximate and we will run ahead of schedule if possible.**

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| AWARDS: | Varsity Boys: | 1st - 15th place medals & 1 - 3 rd Team Medals (7 per team) |
| | Varsity Girls: | 1st - 15th place medals & 1 - 3 rd Team Medals (7 per team) |
| | JV Girls: | 1st - 10th place medals |
| | JV Boys: | 1st - 10th place medals |
| | JH Boys | 1st - 10th place medals for 7th grade and for 8th grade |
| | JH Girls | 1st - 10th place medals for 7th and for 8th grade |

ENTRY FEES: \$50 per high school boys team or \$10 per runner. \$50 per high school girls team or \$10 per runner. \$30 per junior high boys team or \$5 per runner. \$30 per junior high girls team or \$5 per runner. Please make checks out to Pleasanton High School.

EMERGENCIES: There will be an EMT and a certified sports physician on site.

PARKING: Buses and vans may park on the road along Scott St. to the south of the start/finish line.

RESTROOMS: There will be port-a-potties located near the start/finish line.

LOCATION: Stegge Lake, Pleasanton Lakeside Park., Pleasanton, KS

DIRECTIONS: The lake and course is directly west 2 blocks of the high school on E 1050th Rd, intersecting with Scott Rd.

Pleasanton Athletic Director: matt.cochran@usd344.org