

DAK XII Conference Cross Country Meet

Thursday, Oct. 6, 2016
Yankton Trails Park, Sioux Falls
Hosted by SF Christian

Schedule of Events

3:00	Girls Varsity	5000 meters	20 medals
3:30	Boys Varsity	5000 meters	20 medals
4:00	Boys JV	4000 meters	20 medals
4:30	Girls JV	4000 meters	20 medals
5:00	Boys Junior High	3000 meters	15 ribbons
5:30	Girls Junior High	3000 meters	15 ribbons

Schools Competing:

Beresford, Canton, Dakota Valley, Dell Rapids, Elk Point - Jefferson, Lennox, Madison, Sioux Falls Christian, Tea Area, Tri-Valley, Vermillion, and West Central

Coaches Meeting: 2:30 meet at the table near the finish line.

Timing: Erik Van Laeken - *Dakota Timing* - will be timing this event and timing chips will be used. Live results are available at results.dakotatiming.com.

Rosters: Entries will be imported from the SDHSAA website. It is very important that you enter all possible runners (***grades 7-12***) using your "***school zone***" login on the SDHSAA website. All entries are due by **Monday, October 3.**

Team Scoring: Each team may enter up to six (6) runners in the varsity division. The top four placers for each school will count for team scoring. Pushers (2) will be counted in the event of ties. ***Each school may enter unlimited runners in the junior varsity and unlimited 7-8th graders in the junior high races.*** If weather dictates, we will run the boys and girls JV and JH races together.

Awards Ceremony: There will be an awards ceremony at the conclusion of the meet to recognize Varsity medalists and team champions.

Course Maps: Attached and also available at the headquarters table.

Questions: Call Jim Groen (605-261-1450) or email at jbg@siouxfallschristian.org