

2016 Region 3A Cross Country Meet

Information Sheet

- Date:** Thursday, October 13, 2016 **Start Time:** 3:00 p.m.
- Location:** Lennox Lenkota Golf Course **Host School:** Lennox
- Schools:** Beresford, Bon Homme, Canton, Dakota Valley, Elk Point-Jefferson,
Ethan/Parkston, Lennox, SF Christian, Tea Area, Vermillion, Wagner
- Time:** Varsity Girls – 5,000 meters – 3:00 p.m.
Varsity Boys – 5,000 meters – 3:30 p.m. (approximately)
JV Girls – 4,000 meters – (approximately 4:00 p.m.)
JV Boys – 4,000 meters – (approximately 4:30 p.m.)
- Awards:** Medals to top 20 in Varsity Boys and Girls Divisions
Medals to top 15 in JV Boys and Girls Divisions
Plaques to 1st & 2nd place teams in each varsity division
- Meet Director:** Rich Luther, Activities Director – Lennox High School
rich.luther@k12.sd.us – cell phone 605-321-6374

***** Very Important*****

**Coaches - Your entries of runners are due by Tuesday, October 15th.
Follow the information on the attached Coaches Entries Info.**

- ◆ Coaches meeting will be held at 2:30 p.m. in the club house to **confirm your official entries and review the rules.**
- ◆ **Coaches: Your entries of runners are due by Tuesday, October 11th. The meet will be chipped timed. You will need to create meet entries for the meet. The program and information on how to this is located on the SDHSAA website under the Cross Country tab. (see attachment) Attach your entry file to an email and send to rich.luther@k12.sd.us**
- ◆ Expenses will be shared by all Region schools.
- ◆ Each school in our region meet can have a maximum of six (6) Varsity entries or a minimum of four (4) runners to complete their team. In the JV races, entries are unlimited.
- ◆ Please familiarize yourself with the SDHSAA information concerning regulations for the region CC meet. Please be sure your teams adhere to the “Cross Country Uniform Rule”.
- ◆ Each school with an entrant in the region meet must have a qualified staff representative from their school in attendance. Students not accompanied by their coach or an authorized individual will be prohibited from participating.
- ◆ Course Maps will be available in the club house.