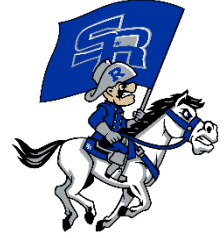




Rapid City Area Schools Invitational Cross-Country Meet

HART RANCH CAMPING RESORT-RAPID CITY

FRIDAY, SEPTEMBER 22, 2023



This meet will begin at **1:00 p.m.** on Friday, September 22, 2023, at Hart Ranch Camping Resort located at 23756 Arena Drive, 4 Miles South of Rapid City. The resort is located right next to Rapid City Christian High School.

Meet Directors: Jordan Bauer & Nick Karn – RCAS Activity Directors

Rapid City Invitational Time Schedule

- **1:00 p.m.** Varsity Girls 5000 meters..... (T-Shirts to top 20)
- **1:30 p.m.** Varsity Boys 5000 meters..... (T-Shirts to top 20)
- **2:00 p.m.** JV Girls 5000 meters..... (T-Shirts to top 20)
- **2:30 p.m.** JV Boys 5000 meters..... (T-Shirts to top 20)

1. **Entry Limitations:** There is no limit to the number of runners that may be entered in each race. However, all varsity caliber runners should be entered in the varsity division.
2. **Awards: T-Shirts:** will be awarded to the Top 20 Runners in each division, and varsity team champion of each gender. There will NOT be an awards presentation.
3. **Running Course:** You will be running on grass and dirt paths, either spikes or flats may be used.
4. **Entry Fee: \$75 Entry Fee per School. Please send to Jordan Bauer at Rapid City Central High School or bring the day of the meet.**
5. **Course Location:** Please note that the meet will be run at **Hart Ranch Camping Resort in Rapid City, NOT Hart Ranch Golf Course.**
6. **Course Map:** Course Maps will be available and will be sent out to coaches prior to the race.
7. **Restrooms:** There are limited bathroom facilities at the site. Portable restrooms will be available.
8. **Timing: All Divisions will be timed with the IPICO Chip Timing System. Please pick up packets and Bibs at the Headquarters Trailer located near the finish line. Please match the Athlete, Competitor Number/Bibs prior to the race.**
9. **Entry Deadline: Thursday September 21, 2023. 12:00 p.m. (MDT).**



Meet Entry Procedure: Please register and enter your team for the Rapid City Invitational at

www.athletic.net. Look for Rapid City Area Schools Invitational High School Cross Country Meet. If you have any questions regarding entries, please contact Darren Paulson at ldpauley@rap.midco.net, Jordan Bauer at jordan.bauer@k12.sd.us or Nick Karn at Nicholas.Karn@k12.sd.us

10. **Parking:** Please park buses behind RC Christian school building (SE corner gravel lot) Please park buses in this area so the front lot does not get congested and to avoid blocking in the private drive and property to the West of RC Christian School. (Map attached)
11. **Teams Invited:** Aberdeen Central, Belle Fourche, Bismarck, Bismarck Legacy, Campbell County, Chamberlain, Cheyenne-Eagle Butte, Custer, Dickinson, Douglas, Dupree, Edgemont, Harding County, Hill City, Hulett, Kimball-White Lake, Lakota Tech, Laramie, Lead Deadwood, Lemmon, Mandan, McLaughlin, Milbank, Minot, Moorcroft, Natrona, Newcastle, Newell, Philip, Pine Ridge, Rapid City Christian, Rapid City Stevens, S. F. Christian, Scottsbluff, Spearfish, St. Thomas More, Stanley County, Sturgis, Sundance, Thunder Basin, Todd County.