

# Lakota Nation Invitational Cross Country Meet

**DATE:** Saturday September 30th, 2023

**TIME:** 10:00 am MST

**WHERE:** Hart Ranch Camping Resort, Rapid City SD

<b>ORDER OF RACE:</b>	Girls Varsity	5000 meters	10:00 am
	Boys Varsity	5000 meters	10:30 am
	Girls JV	4000 meters	11:00 am
	Boys JV	4000 meters	11:30 am

**ENTRIES:** Varsity: 6 Entries per school (4 + 2) Junior Varsity: Unlimited Entries Per School

**AWARDS:** Medals to the top 20 runners  
Plates to the top 4 teams  
Championship team hoodies

- Medals will be issued to the runners at the finish line
- Team awards following the last race

**ENTRY FEE:** \$300.00 per school. Payable to: **Lakota Nation Invitational**  
3213 W. Main St. #425  
Rapid City, SD 57702  
605-391-3149

**\*\*YOU MAY BRING PAYMENT TO THE MEET\*\***

**ENTRY INSTRUCTIONS:** Meet entries will be entered through Athletic.Net. Schools will receive an invite to the meet via Athletic.Net. Please follow the instructions to enter your athletes. If you have any questions regarding entries, please contact Darren Paulson at [ldpauley@rap.midco.net](mailto:ldpauley@rap.midco.net) or by cell phone at 605-858-0543.

**TIMING:** Meet will be timed using the Bib/Computer Chip Timing System. Times will be recorded automatically as runners cross the finish line. Please make sure that your athletes are wearing the correct Bib/Chip that has been assigned to them.

Concessions will be available for purchase.

For potential lodging please contact Hart Ranch Camping Resort at 605-399-2582. Reservations can be made starting 30 days in advance of the Meet!

**\*We will appreciate each school cleaning up trash.**

MEET STARTER: Chuck Wilson

MEET REFEREE: Keith Ferguson

**NEXT YEARS MEET DATE: Saturday October 5, 2024**

\*Please e-mail or call if you have any questions.

Keith Ferguson

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CELL PHONE: (605) 407-0530