



Spearfish High School Activities Office

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Northern Hills Cross Country Invite Spearfish, SD **Friday, September 1, 2023 @ 10:00AM (MT)**

Location: Jorgensen Park
1905 Stagebarn Cir.
Spearfish, SD 57783

Game Date and Time: Friday, September 1, 2023
9:00am Walk through begins
10:00am Meet begins and ends behind **Jorgensen Park**

Officials: **Starters:** Larry Stevens, Jim Aberle
Timer: Darren Paulson

Game Staff: Game Administrator(s): Brady Sumners 605.390.8961
Loop A: Vaughn Heckel
4-wheeler: Darrel Hahn
Finish Line: Michele Olson, Karen Hahn
Trail Vehicle: Spearfish EMS
Trainer: Jessica Bragg
Lunch: Michele Olson, Heidi Parks

Entries: Varsity – Maximum of 10 entries
Junior Varsity – Unlimited
Freshmen – Unlimited

<u>Divisions:</u>	Varsity Girls	10:00am*	5000 Meters
	Varsity Boys	10:30am*	5000 Meters
	Junior Varsity Girls	11:00am*	4000 Meters
	Junior Varsity Boys	11:30am*	5000 Meters
	Lunch Break	12:00pm	
	MS Girls – 6 th Grade	12:30pm*	3000 Meters
	MS Boys – 6 th Grade	12:55pm*	3000 Meters
	MS Girls – 7 th /8 th Grade	1:20pm*	3000 Meters
	MS Boys – 7 th /8 th Grade	1:45pm*	3000 Meters

*We will run a rolling schedule. As soon as the previous race is completed the next one will start.
Team Scores will be kept for the two varsity races.

Medals: Varsity Team Champions will receive champions t-shirts. Medals will be given to top 15 varsity placers and Ribbons will be given to top 10 JV placers.

Notes:

Shortly after the starting point of the race, runners will have the option of running on grass or concrete until entering the field for trail running and looping back around. The running surface is natural terrain on primarily a dirt or cut grass surface. The races will finish in Jorgensen Park. Running flats are recommended.

1. The potential for very hot weather will be possible. As a coach, it is your responsibility to instruct your athletes on how to maintain proper body hydration.
2. Come dressed to compete. Changing facilities are not available at the course.
3. Uniform rules will be enforced.
4. Teams will receive number bib/chips for the timing. Any extra chips please place in the extra bin.
5. Buses are encouraged to park in the High School Northwest Parking Lot.