

Mountain Roads, Varsity/JV 2 laps, and Jr. High 1 lap, 95% dirt

DATE: August 30, 2019

SITE: Beartrap Meadow, Casper Mountain

LOCATION: Casper Mountain Road - Approx. 8 miles from town

PARKING: School Bus and van parking

Drop off athletes at start / Buses in 1st parking lot - follow parking attendant directions

RSVP: By August 29, 2018 to Runncard.com

STARTING GIRLS MIDDLE SCHOOL - 12:00 pm. BOYS MIDDLE SCHOOL - 12:30 pm.

TIMES: GIRLS VARSITY - 1:00 pm. BOYS VARSITY - 1:30 pm.

GIRLS JUNIOR VARSITY – 2:00 pm. BOYS JUNIOR VARSITY - 2:30 pm.

- The varsity teams will be permitted to enter a maximum of seven (7), scoring five (5) for team honors. Junior Varsity competition will be unlimited, as will Middle School.
- Coaches- Reminder that you may not aid or abet your runners during the race.
- It is of major importance that each coach makes sure that his or her team members are fully knowledgeable of the course layout.
- Upon your arrival you will be given 2 numbered gum labels per competitor. These will have your runners' names and schools on both labels, as you entered them, with matching numbers. Please give each runner his/her gum labels immediately upon finishing the race and before they reach the end of the chute.

DO NOT REMOVE THE GUM LABEL FROM ITS BACKING.

These labels are to be given by the runner to the official in the finish chute.

- Please instruct your runners upon crossing the finish line to proceed down the chute to the official scorers. They are not to leave the finish chute beforehand.
- Awards will be presented at the conclusion of each race to the runners in the chute. Medals will be awarded to the top ten (10) Varsity boys and the top ten (10) varsity girls. Ribbons will be presented to the top ten JV girls and boys. Ribbons will be presented to the top ten Middle School girls and boys.

