**Shana Ward Memorial Invitational Cross Country Meet **

**Friday, September 24th, 2021**

**Saratoga Inn Golf Course**

**Saratoga, Wyoming**

**Location**: Saratoga Inn Golf Course- 601 East Pic Pike Rd. This race will be run next to the beautiful North Platte River.

**Directions**: As you enter Saratoga on Highway 130 from the North, you will enter town and then turn left on Bridge Street (the Hotel Wolf corner). You will travel East on Bridge Street and go over the North Platte River. Take the first right after going over the bridge. Follow this road for approximately 200 yards to where the road winds to the left. Look for bus parking there. Do not take your buses back into the buildings as the turn radius is very limited. Athletes and Coaches can walk from the parking lot.

**Start Times**: 1:00 Jr. High Girls - 2 mile race

1:25 Jr. High Boys - 2 mile race

1:50 High School Women's 5K race Varsity

2:20 High School Men's 5K race Varsity

2:50 High School Women's 5K race JV

3:20 High School Men’s 5K race JV

**Course**: Flat Course with grass fairways and some dirt roads. The race is run along the North Platte River, and actually crosses the river twice. The course is beautiful and has a great number of trees (welcome shade on a hot day). The course is accurately measured, and will be well marked and monitored. There will be a 1 and 2 mile cone set up. Course maps will be available at the course on the day of the meet.

**Course Inspection**: You may start course inspections and warm-ups after 11:00 am. Please remind your athletes to stay off all the greens on the golf course.

**Team Camps**: Teams should set up camps in the tree rows between fairway 1 and fairway 9. Please keep the start/finish line clear at all times. We will provide garbage gags for team cleanup after the meet. Coaches, please bring your own water jug to the meet to have your athletes fill their water bottles from, as it is hard to get water to the facilities. We will still have water available at the finish line for athletes after their race. We will have cups there for use.

**ENTRIES**: Entries are due on Runnercard for both high school and middle school races by Wednesday, September 22nd @ 4:00 p.m. PLEASE MAKE SURE YOUR MIDDLE SCHOOL COACHES ENTER ON RUNNERCARD.

For any further information please contact Saratoga Middle High School at 1-307-326-5246. Greg Bartlett

at 1-307-329-8376. Rex Hohnholt at 1-307-321-5225.

  