

Welcome to the 2024 Hanks High School Cross Country Meet:

This year we are looking forward to some amazing races and we have many teams so please plan accordingly for arrival and race start times. **Busses** will need to park in the far parking lot on Escobar Dr.

Please bring water for your athletes. We will have a limited supply of water coolers with our trainers for those who finish races, but we ask you to help us by also bringing water for your tent areas and athletes.

Registration will be on Runnercard and close on Wednesday, September 4th, 2024 at 9 PM.

The schedule is as follows: We will have a rolling schedule for the Varsity and Open Races and then we will wave start the 9th grade as it will be later in the morning.

Varsity will have a limit of 7 runners and Open and 9th Grade will be unlimited entries.

8:00 AM - Varsity Boys

Followed by **Varsity Girls**

Open Boys

Open Girls

9th Grade Boys

9th Grade Girls 5 minutes after 9th boys start

Please have your teams clean up after themselves, we will have trash bags available for each team when you pick up your bibs. Please tell athletes to not bend chips on timing bibs as they will not if damaged. Bibs must be worn on the lower part of their singlet in the front. Please tell them to stay away from the finish with their bib if they are not racing. Please have a discussion with your athletes and parents about pacing alongside them during competition as this is something that can get them DQ'ed. Coaches, if you move an athlete to another division we **MUST** know so that we can move the athlete in our computer database. Please only enter athletes you know will be competing!!

AWARDS: The top 10 runners in each race will receive a medal. Medals will be handed out at the finish line.

If you ran the course last week. It will be the similar area with the exception of the direction they are going. Some of it will be in reverse of the SISD Meet. A map will be posted by Monday.

Thank you for joining us and we look forward to a great race day.

