**NSI 1st Annual XC Meet**

Saturday September 17, 2016 NSI CAMPUS

Sheridan, Wyoming

Normative Services Academy is proud to host our first ever Cross Country Meet on our beautiful campus, Sheridan, Wyoming. We will have Middle School, JV and Varsity Divisions for each gender and awards will be presented at the end of the meet. Thank you in advance for your participation and we look forward to having you share in our newest adventure. We are excited to bring this exciting sport to our campus and share the history making with all of you.

**ENTRIES:** We will be using Runner Card as our meet management. Please enter your information on runner card by September 15th at 5:00 pm. If you have any questions or concerns please contact Dawn Wiley at 307-752-6234 or 307-674-6878 ext. 4158

**DIVISIONS:** There will be 6 divisions in which to compete

1. Girls Middle School (Unlimited Participation) 3 Kilometers
2. Boys Middle School (Unlimited Participation) 3 Kilometers
3. Varsity Girls (Limit of 10) 5 Kilometers
4. Varsity Boys (Limit of 10) 5 Kilometers
5. JV Girls (Unlimited Participation) 5 Kilometers
6. JV Boys (Unlimited Participation) 5 Kilometers

|  |  |  |
| --- | --- | --- |
| **SCHEDULE:** | 10:00 | Middle School Girls |
|  | 10:30 | Middle School Boys |
|  | 11:00 | Varsity Girls |
|  | 11:30 | Varsity Boys |
|  | 12:00 | JV Girls |
|  | 12:30 | JV Boys |

**SCORING AND AWARDS:** Varsity Races will be limited to 10 runners and JV will be unlimited. We will score JV and Varsity Competitions using the top 5 athletes on each team and using runners 6­10 as pushers. Any runners on a JV Team after #7 will be taken out of the team scoring but they will be eligible for individual awards. Team scores will be totaled and placed but no team awards will be handed out. Individual awards will be given to the top 10 runners in each division.

**COURSE**: The race course consists of road way, grass and dirt. The majority of the course is located in the fields and acrage of our campus. There are two challenging hills and the trail spread out.

Please be aware that you may hydrate your runners during the race and NSI will have water available at the finish of the race. Spikes may be worn on the course. Team Camps may be set up in the near the finish and start line.

**Parking**

Please have the bus drivers park in the football stadium parking lot. Spectators and parents will park in the same lot so please have busses park at the farthest end.

**DIRECTIONS TO NSI Academy:**

|  |
| --- |
|  |
| 1. | Start out going **north** on **S Main St/I-90 Bus W/US-87 Bus N/US-14 Bus W** toward **E Loucks St**. | 0.02 mi |
| http://icons.mqcdn.com/icons/rs549.png?n=331 | 2. | Take the 1st **left** onto **W Loucks St/WY-331**. Continue to follow **WY-331**.   * *PO News & Flagstaff Cafe is on the corner* * *If you are on N Main St and reach W Brundage Styou've gone a little too far* | 3.4 mi |
| http://content.mqcdn.com/winston-641/cdn/dotcom3/images/roadsigns/turn_left.png | 3. | Turn **left** onto **Lane Ln**.   * *Lane Ln is 0.2 miles past Brayton Ln* | 0.1 mi |
| http://content.mqcdn.com/winston-641/cdn/dotcom3/images/roadsigns/route_end.png | 4. | **5 LANE LN** is on the **left**.   * *If you reach the end of Lane Ln you've gone about 0.5 miles too far*     Zoom to this Step |  |