**2019 LEGLER CASPER CROSS COUNTRY INVITATIONAL**

 Paradise Valley Golf Course

All athletes must be registered in Runnercard.

**DATE:** Friday, September 27th, 2019

**SITE:** **Paradise Valley Golf Course: This is a 5K course. It is two loops on grass and dirt. It**

 **Is a fast course with some light to moderate inclines and declines.**

**LOCATION:** [**Address**](https://www.google.com/search?safe=active&espv=2&biw=1362&bih=648&q=casper+municipal+golf+course+address&stick=H4sIAAAAAAAAAOPgE-LWT9c3LLPIMqiIL9SSzU620s_JT04syczPgzOsElNSilKLiwEGjFOPLgAAAA&sa=X&ved=0ahUKEwiWrv7foorPAhXB7IMKHToiCiAQ6BMIfDAO)**:**70 Magnolia Street Bus please drop kids and then park by PV Elementary

**PARKING:** School Bus and van parking (more bus parking instructions to follow with a map)

 Drop off athletes at clubhouse / Buses follow parking attendants directions

**RSVP:** By September 20 to Bryan Honken at (307) 253-1554 with maximum number of competitors in each J.V. and/or Junior High Division Runnercard entry window will close at 12PMM on September, 26th

**STARTING** GIRLS’ Junior High - 12:00 p.m. BOYS’ Junior High - 12:30 p.m.

 **TIMES:** GIRLS’ HS JV - 1:00 p.m. GIRLS’ HS Varsity-1:30 p.m

 BOYS’ HS JV - 2:00 p.m. BOYS’ HS Varsity - 2:30 p.m.

- The varsity teams will be permitted to enter a maximum of ten and a minimum of five for team honors.

 Junior varsity competition will be unlimited. Junior High entries are unlimited as well.

- Coaches- Reminder that you may not aid or abet your runners during the race.

- If a course disqualification occurs, the first team finishers will be disqualified if the offending runner cannot be identified by number.

- 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’ name

and school 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 IT’S 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.

- Coaches and spectators will not be allowed around the finish line or the official’s scoring table.

- Awards and senior celebration will be presented at the conclusion of the boys’ varsity race. 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 junior varsity girls and boys. Ribbons will be presented to the top ten junior high girls and boys.

- Dressing and shower facilities will be available at Natrona County High School if desired. All coaches will be responsible for their team valuables.

**GLEN LEGLER CASPER CROSS COUNTRY INVITATIONAL**

**\_\_\_\_\_\_**WILL ATTEND \_\_\_\_\_WILL NOT ATTEND

NAME OF SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NAME OF COACH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PHONE #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# VARSITY BOYS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # BOYS J.V.\_\_\_\_\_\_\_\_\_\_\_ # BOYS JUNIOR HIGH \_\_\_\_\_\_\_\_\_\_\_

(MAX. - 10)

# VARSITY GIRLS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # GIRLS J.V.\_\_\_\_\_\_\_\_\_\_\_ # GIRLS JUNIOR HIGH \_\_\_\_\_\_\_\_\_\_\_

(MAX. - 10)

**REGISTER RUNNERS ON:**

 **http://www.runnercard.com**

**By September 26th at 12:00pm -**

**Bryan - office (307) 253-1554; cell (307) 259-3775**

**Coach Sondag: (307) 258-2972**

**FAX # - 253-1504**