



2019 4A West Regional Championships (Host: Natrona)

Paradise Valley Country Club

Casper, WY

Friday, October 18, 2019

SITE/COURSE: Located at Paradise Valley Country Club, this 5K course is mostly flat including 90% grass and 10% dirt. The start is to the south of the clubhouse (10th Hole fairway) and the finish is to the north of the clubhouse (9th Hole fairway). Maps will be in your packet and a large map will be posted at the clubhouse for spectator info. Please have athletes/parents stay off the greens.
-The course will be open for survey at 10:30 AM.

LOCATION: Paradise Valley Country Club, 70 Magnolia Street, Casper, WY 82604

PARKING: Drop off athletes on Primrose St. by hole number 9. Bus parking map is also attached. This location is adjacent to the finish line on Gardenia St, which turns into Primrose.

REGISTRATION: Register 7 varsity boys and girls and 7 junior varsity boys and girls on Runnercard by October 16th 5pm

STARTING	Coaches Meeting - 12:15 p.m.	National Anthem - 12:50 p.m.
TIMES:	GIRLS' JV - 1:00 p.m.	GIRLS' HS Varsity - 2:10 p.m.
	BOYS' JV - 1:35 p.m.	BOYS' HS Varsity - 2:40 p.m.

FEED YOUR TEAM: The Paradise Valley Country Club is providing a discounted buffet for teams at \$8/athlete. We hope this option helps your team get on the busses sooner and get home at a decent time. Coaches' meals will be complimentary (paid for by NCHS). Please let us know the number of people you plan to feed by Oct. 14th. The clubhouse will have hot chocolate and coffee for sale for family, friends and athletes can enjoy throughout the day.

AWARDS: Awards 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. Top two runners earn all-conference honors. Ribbons will be presented to the top ten junior varsity girls and boys.

Coach of the Year: Ballots will be found in your team packets. Please bring the completed form to the registration table immediately after the last race for tally.

- Coaches- Keep parents and athletes off the greens and out of the clubhouse restrooms. Please use porta-potties and on-course restrooms.
- Reminder that you may not aid or abet your runners during the race. If a course disqualification occurs, and the offending runner cannot be identified by number, then the first team finisher will be disqualified.
- 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. No label results in no time/score.
- 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.
- **Questions: Contact NCHS AD and Race Director: Bryan Honken - office (307) 253-1554; cell (307) 259-3775 or Coach Sondag: (307) 258-2972**

Paradise Valley Lunch Order Form

Buffet will be available from 12:30pm-4:30pm



Buffet in the Paradise Valley Country Club Restaurant- setup will offer Cold Cut Sandwiches
Buffet Includes: chips, pasta salad and a drink among various toppings
Cost: 8.00per athlete

They will be able to take credit cards or check at Paradise Valley Golf Course the day of or you can prepay prior to the event. All checks should be made payable directly to Paradise Valley Country Club.

In order to ensure there is an appropriate amount of food prepared and ready for the event. R.S.V.P. order to Bryan Honken bryan4979@mynsd.org and Jennifer Horning jennifer1445@myncsd.org by Monday October 14th at 3:00pm

Thank you, and we look forward to hosting you for the 2019 4A West Regional Cross Country Competition

School: _____

Coaches Name: _____

Contact Number: _____

Number of Lunches Ordered: _____

Total Charge for Lunches: _____ x \$8.00=\$ _____

Number of Complimentary Coaches Lunches: _____

High School 5k course map
Paradise Valley Country Club
Start: Hole 10 Finish: Hole 9



BUS INSTRUCTIONS

Due to limited thru-street space for buses to maneuver, please use the suggested bus driving map.

While driving North on Paradise Dr. please don't turn left on Marigold or Magnolia, which Google maps will suggest you do. Please continue straight-North on Paradise Dr. past Magnolia, then turn left on Gardenia St. This should allow for a safe loading and unloading area close to the finish line, as well as ample bus parking.

