

**DOUGLAS HIGH SCHOOL**

**ACTIVITIES DEPARTMENT**

**1701 Hamilton Street**

**Douglas, Wyoming 82633**

**(307) 358-4040 (307) 358-6567 FAX**

Ryan Mackey

Principal

Justin Carr

Assistant

Principal

Doug Hughes

Activities

Director

 Dena

Christiansen

Administrative

Assistant

**Dear AD and Cross Country Coach:** We will be hosting the **“*2019 RIVER RUN CROSS COUNTRY INVITATIONAL”*** on **Saturday, September 7th at 11:00 am**. We will be running a middle school race for those of you who wish to participate. We are including a course map for your review. Please note the following:

**We will be hosting these races at the Douglas Middle School: A majority of this course consists of the sidewalk along the North Platte River so contestants might want to wear running shoes instead of spikes.**

**ORDER OF RACES AND APPROXIMATE STARTING TIMES:**

  **11:00 AM            FIRST RACE—GIRLS 3K MIDDLE SCHOOL**

  **11:30 AM            SECOND RACE--BOYS 3K MIDDLE SCHOOL**

  **12:00 PM              THIRD RACE—GIRLS JUNIOR VARSITY**

  **12:30 PM              FOURTH RACE—BOYS JUNIOR VARSITY**

 **1:00 PM FIFTH RACE--GIRLS VARSITY**

 **1:30 PM              SIXTH RACE—BOYS VARSITY**

**WE MAY RUN THE JV AND VARSITY RUNNERS TOGETHER IF WE DO NOT HAVE MANY RUNNERS IN THE RACES.**

**Middle school awards will be presented immediately following the Middle School Race.**

**All High School awards will be presented immediately following the last race.**

**ENTRY FEE: No entry fee**

**ENTRIES:** We have set the meet up at [***http://www.runnercard.com***](http://www.runnercard.com). You need to go to the site and create an account if you haven’t already, and sign your participants up for the meet. The deadline to sign up is Thursday, Septber 5th at 4:00 p.m. We will close entries at that time to download participants into our meet management program.

**AWARDS:** Top Ten Varsity Runners will get a t-shirt

**SCORING:** A team shall consist of a maximum of seven (7) and a minimum of five (5) runners. The first five (5) finishers of each team will score points according to the places in which they finish. A school who enters fewer than five (5) runners may compete for individual championships only. For **“TEAM SCORING”** they will not be considered. Their place will be passed on to the next runner who represents a full team. JV and Middle School competitions will be unlimited.

**FLAG DESIGNATION:** Keep ***YELLOW*** flags on your right and ***RED*** flags on your left. BLUEflags may be run on either side.