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**Dear AD and Cross Country Coach:**

 We will be hosting the **“*2013 JACKALOPE CROSS COUNTRY INVITATIONAL”*** on **Saturday September 21st, 2013**. 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 our Bearcat Trail facility, located northwest of the High School, near the Football Stadium. Schools will need to check in at the press box in the Football Stadium to make scratch/adds and receive their informational packet.

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

  **12:00 PM            FIRST RACE—GIRLS 3K MIDDLE SCHOOL**

  **12:30 PM            SECOND RACE--BOYS 3K MIDDLE SCHOOL**

  **1:00 PM              THIRD RACE—GIRLS JUNIOR VARSITY**

  **1:30 PM              FOURTH RACE—BOYS JUNIOR VARSITY**

 **2:00 PM FIFTH RACE--GIRLS VARSITY**

 **2:30 PM              SIXTH RACE—BOYS VARSITY**

**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: $100/School**

**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 Wednesday September 18th at 4:00 p.m. We will close entries at that time to download participants into our meet management program.

  **AWARDS:** **(1) TEAM PLAQUE** – Varsity Boys & Girls

 **MEDALS**: 10 individual - Varsity Boys & Girls.

 **RIBBONS**: 10 individual - JV Boys & Girl

 **T-SHIRTS:** 10 individual - Middle School Boys & Girls

**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.