**CENTRAL SOUTH DAKOTA CONFERENCE &**

**YELLOWSTONE TRAIL CONFERENCE**

**CROSS COUNTRY MEET**

**Wednesday, October 5, 2016**

Coaches & Athletic Directors:

Subject: CSDC & YTC Cross Country Meet

Date: Wednesday, October 5, 2016 – 1:00 PM

Location: Gettysburg Golf Course on the northeast corner of town

Divisions: JH (Girls & Boys grades 6-8)

 Varsity (Girls & Boys)

Entries: I will be taking the rosters from the SDHSAA site. Please make sure they are updated and if you have any JH runners or 6th graders you don’t have on that roster, please e-mail their name and grade to me. When you get to the course, please check in, and let them know how many runners you will have in each division so the decision can be made on whether to run JH together or separate.

Start time: 1:00 PM – JH Girls and & Boys (Grades 6-8) – 3000 Meters

 10 minutes after JH – Varsity Girls – 5000 meters

 10 minutes after Varsity Girls – Varsity Boys – 5000 meters

Awards: \* Medals awarded to the top 15 Varsity Girls & Boys Runners

 \* Ribbons awarded to the top 15 Junior High Girls & Boys Runners

 \* The winning conference team in each division and conference will be awarded picture plaque

Team Scoring: Top 3 runners will score (you may run extras)

Other Items: If you will not be bringing JH runners and therefore will not be here right away, please let me know so we don’t worry about missing someone when we start the JH race.

 Results will be e-mailed out the schools the evening of the meet.

If you have any questions, contact Vern Smith, AD @ (605) 765-2436.