



Atlantic High School, 1201 E 14th Street, Atlantic, IA 50022
Phone: 712-243-5364 Fax: 712-243-8007

Home of the Trojans!

To: **Activities Director and Cross Country Coaches**
From: Andrew Mitchell, Activities Director
Date: September 28, 2021
Subject: Atlantic Invitational Cross Country Meet

Welcome to the Atlantic Invitational Cross Country Meet, which will be held on **Thursday, October 7, 2021**, at the **Nishna Hills Golf Club**. Please review the following information, if you have questions about the day's schedule please call Andrew Mitchell at 712-243-5364.

<u>Entry Fee:</u>	High School	Middle School
	\$65.00/Team or	\$20.00/Team or
	\$130.00 (Both) or	\$40.00 Both
	\$10.00/Individual	\$5.00/Individual

Entries: **We will be using an on-line entry system with the link**
<https://www.vbmeets.com/32726>
Final declarations are due by **Tuesday, October 5th**
9:00 AM. Please enter **7 Varsity and 3 Alternates for the**
varsity race. Alternates and remaining team members may
be entered in the JV race.

Location: Nishna Hills Golf Club
1504 E 14th St
Atlantic, IA 50022

Parking: ALL team buses/vans are to use the east side of the front parking lot of Atlantic HS in the row(s) closest to the track. There will be NO BUS/SCHOOL VEHICLE PARKING at the golf course or on the streets.

Please NOTIFY parents: Parking is encouraged at Atlantic HS. There will be limited parking on the streets south of the course.

Meet Info: **Participating teams:** Abraham Lincoln, ADM, Atlantic, Clarinda, Creston, Denison-Schleswig, Earlham, Glenwood, Harlan, Kirn Middle, LeMars, Lenox, Nodaway Valley, Red Oak, Riverside, Sergeant Bluff-Luton, Shenandoah, St. Albert Catholic, Treynor, Tri-Center, Winterset

Meet Info: We will be using a chip timing system. Chips will be picked up at

check-in. Coaches will need to return chips in numerical order to the awards table at the end of the meet. Schools will be billed \$10.00 for each chip not returned.

Scoring

- Varsity teams, enter seven (7), score five (5)
- Junior Varsity, unlimited, score five (5)
- Middle School, unlimited, score five (5)

Awards

Team Plaques: -Boys Varsity
 -Girls Varsity
 -Overall Championship--both boys & girls
 -Boys Middle School
 -Girls Middle School

Individual Medals: -Top 25 boys & 25 girls
 -7 medals to top two boys/girls teams

Ribbons: -Top 25 boys & 25 girls JV runners
 -7 ribbons to top two boys/girls JV teams
 -Middle School top 20 boys/girls

Order of Events:

4:00 Middle School Girls
4:15 Senior Night
4:20 Middle School Boys
4:40 Varsity Girls
5:10 Varsity Boys
5:40 J.V. Girls
6:10 J.V. Boys

No Awards Ceremony - Coaches may pick up their awards after the conclusion of the last race.

Special Info: -Masks are highly recommended. Please practice social distancing at all times.
-Only a designated coach may be allowed into the finish area.
-Course maps are attached.
-Port-a-pots and concessions will be located near the club house. We ask that NO RUNNERS enter the club house.
-Check in at the Trailer by the finish line.
-Camps are to be set up in rough areas. ***Stay away from greens, tee boxes and fairways at ALL TIMES!***

