**Goldenrod Conference**

**Cross Country Invite Information**

Thursday, October 10, 2024

@ Calamus Golf Course, approximately 6 mi west of Burwell on HWY 96

\*I received no special parking instructions\*

* 2:00 HS Boys JV/Varsity
* 2:40 (approx.) HS Girls JV/Varsity\*\*
* 3:20 (approx.) JH Boys\*\* (approx. 2500 meters)
* 3:40 (approx.) JH Girls\*\* (approx. 2500 meters)

\*\*The race will begin as soon as everyone from the previous race is finished, no matter the time.

* **They may decide to combine JH into one race at the meet.**

Both schools will dismiss at 10:45 to change, pack up, and then leave the school at 11:00. A sack lunch will be provided from the school.

Top 15 **Varsity** finishers will receive medals. Top 10 junior high receive medals.

1st and 2nd place teams for Varsity will receive plaques.

TEAMS: Archangels, Burwell, Central Valley, Elba, Fullerton, Heartland Lutheran, Nebraska Christian, Palmer, Riverside, Spalding Acadamy

NOTE: Please stay off of the greens and tee boxes!

 Uniform rules will be enforced. Spikes no longer than ½ inch

 Portable restrooms will be available for use.

If you have any questions after school hours, feel free to call me.

My cell phone # is (402) 322-0075 Coach Melissa McIntosh

(402) 992-8438 Coach Tim Rossow