



2020 NICL Conference Cross Country Meet



TO: Athletic Directors and Cross Country Coaches
DATE: Thursday, October 15, 2020 – 3:00 PM
LOCATION: Willow Run Country Club, 940 E. Fayette St. Denver
FACILITIES: There will be no dressing facilities available at the country club. Porta-potties will be available.

Coaches, please advise your athletes to respect the facilities. We ask that you remind your runners and to stay away from the greens, tee boxes and other playing areas, and do not place any tents on the putting greens. To follow social distancing procedures as much as possible, please keep your team camps properly spaced and in appropriate areas.

Fans who attend are highly encouraged to wear a mask when social distancing cannot be achieved. We ask that you communicate with parents and fans not to crowd at the finish line. Masks are REQUIRED for those who are at or near the finish line. Each team is allowed two people at the finish line to get times if so desired, however, you will be required to wear a mask.

The course will be painted and marked. Judges will be stationed around the course. Any athlete cutting will be disqualified. **Please note that this course will require crossing a few cement areas as noted in the circles on the map.**

If you plan on walking/running the course, please have this completed by 3:00.

BUS PARKING: Please drop your athletes off along the entrance to Willow Run Country Club. You will then be directed to park at the Cyclone Athletic Complex at the South end of Sunrise Street four blocks away. A shuttle will be available to get the drivers back to the country club if desired.

SPECTATOR PARKING: The parking lot to Willow Run Country Club has limited space. We encourage you to park along Schneider St., Longview St., Sunrise St. or Willow Run St. but not along E. Fayette St. as that is a busy road for traffic in and out of town. Spectators may also park at the Cyclone Athletic Complex located at the South end of Sunrise Street four blocks away. A shuttle will be available to get you to and from the country club if desired.

PACKETS: Coaches will be asked to pick up their information packets at the tent/table near the starting area. We ask that you make any changes promptly at packet pickup.

ENTRY INFORMATION: Results will be provided by Matt Shannon. Please use End Result to register for the meet. You will need to log into the following link to enter your line ups. <http://endresultcompany.com/xc/> . Chip timing will be used and will be issued at packet pickup. All chips need to be returned at the end of the meet. There will be a \$5 charge per chip to the teams whose chips are not returned. The deadline for this information is ***Monday, October 12, 2020 at 10:59 p.m.***

ORDER OF EVENTS & DISTANCE:

3:00 Jr. High Girls (grades 7-8 - 2 miles) (Top 10 Medal)
3:25 Jr. High Boys (grades 7-8 - 2 miles) (Top 10 Medal)
3:50 Girls' Varsity (run 7/count 5) – 5K
4:20 Boys' Varsity (run 7/count 5) – 5K
4:50 Girls' JV (run unlimited/count 5) – 5K
5:20 Boys' JV (run unlimited/count 5) – 5K

AWARDS/ RESULTS: Top twenty (20) varsity boys and girls will receive medals and 1st and 2nd team all-conference honors. Runners twenty-one through thirty (30) will be honorable mention for both boys and girls. There will be no awards ceremony. Medals and ribbons will be put in packets for each school at the finish or mailed out the next day. Overall results will be figured after all races are completed and posted online at www.shannoneventtimings.weebly.com.

If you have any questions, please call the high school at 319-984-5639. We look forward to seeing you on Thursday, October 15, 2020!

Sandy Sabelka & Nate Skaar
Head Boys & Girls Cross Country Coach & Activities Director