



## 2018 UNK High School Cross Country Invitational Monday, September 24<sup>th</sup>

<b>Starting Times:</b>	1:00 PM - Class D Girls	3:00 PM - Class C Girls
	1:30 PM - Class B Girls	3:30 PM - Class A Girls
	2:00 PM - Class D Boys	4:00 PM - Class C Boys
	2:30 PM - Class B Boys	4:30 PM - Class A Boys

### **BEGINNING IN 2018:**

A coach from a Class B, C, or D school may request permission to enter an “elite” individual runner in the Class A race. This athlete should be someone who has a very good chance of finishing in the Top 10 individually in the Class A race. The goal with this change is to accommodate a high-performing athlete from a smaller class who would not otherwise not get a similar competitive opportunity in their team’s regular schedule.

The athlete will run not be included in the team scoring (much like the individual qualifiers at the state meet). Please don’t request to have your team moved up to the Class A race as we don’t want to increase the size of the race significantly.

All requests should be made to the meet director at [bonsallbi@unk.edu](mailto:bonsallbi@unk.edu).

### **ENTRY FEE (CHANGE):**

\$100 per gender or \$200 for both boys and girls teams (or \$20 per athlete if entering less than 5 runners per gender). Please write checks to **UNK Athletics**.

Your entry fee will be based on the number of students that you have entered on Direct Athletics, not the number of students who actually compete in the meet.

Please send your entry money before the meet to:

**UNK Athletics  
H.S. Cross Country Invite  
2501 15<sup>th</sup> Avenue  
Kearney, NE 68849**

### **Entry Information:**

The entry deadline is 8:00 PM, Wednesday, September 20<sup>th</sup>. All entries will be on Direct Athletics (the entry link will open in early August). Entry directions are listed below, but any additional questions can be directed to Co-Meet Director Brady Bonsall ([bonsallbi@unk.edu](mailto:bonsallbi@unk.edu)).

1. Go to [www.directathletics.com](http://www.directathletics.com).
2. Click on “Upcoming Meets” and enter “unk” into the search bar.
3. Select “UNK High School Invitational”.
4. Either log in with your existing account or create an account.
  - a. Also, notice that you can look at the current entry list by clicking on the word “Available” beside “View All Entries”.
  - b. Please note if you are creating an account...Direct Athletics system has some teams listed in the wrong class. Do not worry about that!! Proceed with setting up your account as you are not entering a particular race at this point. You will be able to register for the correct race in Step 6.
5. Click on “Team” to update or create your team’s roster. Notice that there are pull-down menus toward the top of the screen for team (men or women) and for sport (track or cross country).
6. Click on “Register” to enter your team members in the correct race. At this point, make sure that you enter the race for the correct class.
7. Once you are done entering your team, click on “Submit Entries/Finish”. You can return to this screen at any point up until the entry deadline to edit your entries. Entries are not final until the entry deadline.



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- Team Packets:** Packets (including timing bib tags) can be picked up inside the lower level of the clubhouse on race day. We are using bib-chip tags for timing. **\*\*DO NOT BEND THE BIB TAGS\*\***
- Scratches (change):** In a change from our past procedure, coaches do NOT need to bring scratches or unused bib numbers to the finish-line tent.
- Numbers & Bib-Chip:** All runners must wear their assigned number which has the bib-chip tag on the front of their uniforms and the hip number on their left hips. You will NOT have to return the bib-chip tags.
- Results:** Results will be posted as soon as possible following each race. They will also be available on the meet website at [www.lopers.com](http://www.lopers.com) and at [www.heartlandtiming.com](http://www.heartlandtiming.com).
- Awards:** Plaques will be awarded to the top finishing team in each race. Medals will be awarded to the top 20 overall men and women.
- Team Scoring:** 7 runners (Class A) or top 6 runners (Classes B-C-D) will count for team scoring purposes. The 5 runners (Class A) or top 4 runners (Classes B-C-D) will be scored.
- Course Markings:** A continuous line is painted for the entire course. At turns, runners are required to run on the line side of all natural barriers and fences. Kilometer and mile marks will be marked by signs. Splits will be read at the mile marks.
- Toilets:** Portable toilets are located northeast of the finish line area and in the starting area. The toilets in the starting area are for competing athletes only.
- Trainers:** University of Nebraska-Kearney trainers will be available immediately following each race at the finish line area.
- Contact Information:** Brady Bonsall, Co-Meet Director: [bonsallbi@unk.edu](mailto:bonsallbi@unk.edu)  
Mannie Reinsch, Co-Meet Director: [reinschee@unk.edu](mailto:reinschee@unk.edu)