
NORFOLK CATHOLIC 36th ANNUAL CROSS COUNTRY INVITATIONAL

Date: Friday, September 13, 2019

Location: SkyView Lake, Norfolk. Four blocks west of North 13th street (Highway 81), on Maple Street coming from the north or south. Three blocks north of Norfolk Avenue on 18th Street to Maple coming from the west or east.

Times: Girl's JV/Varsity 3:00
Boy's JV/Varsity 3:45
Junior High Girls 4:30 Junior High Boys 4:50

Scoring: **J.V. Boy's**, unlimited entries, medals for top ten finishers, with a championship team trophy. Top four count as team score.
J.V. Girl's, unlimited entries, medals for top ten finishers, with a championship team trophy. Top four count as team score.
Girl's Varsity, run up to six and score four. Medals for top 15 finishers, with a champion and runner-up trophy.
Boy's Varsity, run six and score four, medals to top 15 finishers, with a champion and runner-up trophy.
Junior High, Unlimited Entries, Medals to the top 10 individuals boys and girls.

Distance: Girl's 5,000 meters Junior High 2,000 meters
Boy's 5,000 meters

Entry Fee: \$80 per team: \$40 for boys and \$40 for girls, or \$10 per individual.
Make checks payable to Norfolk Catholic High School. Junior High is \$4.00/individual.

Check in as soon as your team arrives at Skyview

Battle Creek, Boone Central, Bloomfield, Crofton, Columbus Jr. High, Elkhorn Valley, Humphrey/Lindsay Holy Family, Hartington-Newcastle, Lutheran High Northeast, Lyons Decatur/Bancroft, Madison, Norfolk Catholic, Norfolk Jr. High, O'Neill, Oakland-Craig, Osmond, Pierce, Stanton, Humphrey St. Francis, Wayne, Wisner-Pilger.

Online Entry: We will be utilizing the online entry system again this year. School passcodes will be sent to AD's soon. We would like all entries to be completed by Wednesday September 11 at 3:30 p.m. The new link is:

Entry Form <http://www.lewistonschool.net/track>

PACKETS WILL BE HANDED OUT AT THE CHECK IN CENTER AT THE MEET.
Meet Director: Jeff Bellar/Henry Aschoff, A. D.(402) 841-9919 Fax: (402) 379-2929
Head Coach: Doug Zoucha School: (402) 371-2784
