

**DOUGLAS MIDDLE SCHOOL**

**ACTIVITIES DEPARTMENT**

**801 West Richards**

**Douglas, Wyoming 82633**

**(307) 358-4040**

**Dear AD and Cross Country Coach:** We will be hosting the **“*2021 MS RIVER RUN CROSS COUNTRY INVITATIONAL”*** on **Thursday, September 2nd at 3:00 pm**.

We will be hosting these races at the **Douglas Middle School**: Most of this course consists of the sidewalk along the North Platte River so contestants might want to wear running shoes instead of spikes.

**ORDER OF RACES AND APPROXIMATE STARTING TIMES:**

  **3:00 AM         GIRLS RACE**

  **3:30 PM      BOYS RACE**

 \*We may split into 2 races per gender depending on numbers.

**ENTRIES:** All entries can be posted on Runnercard. The deadline to sign up is Wednesday, September 1st at 6:00 p.m. We will close entries at that time.

**DRESSING:** Locker facilities are limited so please come in uniform.

**NUMBERS:** Coaches will be given a packet with number assignments upon arrival. Competitors will have their numbers written on the back of their left hand with a Sharpie to provide for a contactless race.

**Teams:** Please provide your own water bottles for your runners. We will provide a limited refill station by the finish line.

**SCORING:** No team scoring will be kept.

**FLAG DESIGNATION:** Keep ***YELLOW*** flags on your right and ***RED*** flags on your left. BLUEflags may be run on either side.

Jessica McGuire

Principal

Haylei Butler

Assistant Principal

Doug Hughes

Activities Director

Rhonda Parker

Administrative

Assistant