

**DOUGLAS HIGH SCHOOL**

**ACTIVITIES DEPARTMENT**

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**Dear AD and Cross Country Coach:** We will be hosting the **“*2021 RIVER RUN CROSS COUNTRY INVITATIONAL”*** on **Friday, September 3rd at 2:00 pm**. We are including a course map for your review. Please note the following:

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:**

**2:00 AM         GIRLS VARSITY**

**2:30 PM      BOYS VARSITY**

**3:00 PM GIRLS JV ( If Necessary)**

**3:30 PM BOYS JV (If Necessary)**

 \*We may combine varsity and JV races depending on the number of contestants

**ENTRIES:** All entries can be posted on Runnercard. Teams are limited to 7 varsity runners per gender with JV entries being unlimited. The deadline to sign up is Thursday, September 2nd at 4:00 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.

**AWARDS:** Top Ten Varsity Runners will be awarded a t-shirt. **Awards will be presented to contestants as they go through the shute.**

**SCORING:** A varsity team shall consist of a maximum of seven (7) and a minimum of five (5) runners. The first five (5) finishers of each team will score points according to the places in which they finish. A school who enters fewer than five (5) runners may compete for individual championships only. For **“TEAM SCORING”** they will not be considered. Their place will be passed on to the next runner who represents a full team. JV competitions will be unlimited.

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