

To: **Activities Director and Cross Country Coaches**
From: Aaron Burdorf, Activities Director
Subject: Shenandoah Invitational Cross Country Meet

Welcome to the Shenandoah Invitational Cross Country Meet, which will be held on **Thursday, September 27th, 2018**, at Shenandoah High School. Please review the following information, if you have questions about the day's schedule please call Aaron Burdorf at 712-246-4727.

<u>Entry Fee:</u>	High School	Middle School
	\$60.00/Team or	\$20.00/Team or
	\$120.00 (Both) or	\$40.00 (Both) or
	\$10.00/Individual	\$5.00/Individual

Entries: We will be using an on-line entry system with the link
Enter all possible runners.
<https://www.aspimeetz.com/28298>

Final declarations are due by **Wednesday, September 26th at 9:00 AM.** Please enter ALL possible athletes.

Location: Shenandoah High School, 1000 Mustang Drive, Shenandoah, IA.
High School is located in the SE corner of Shenandoah.

Parking: Buses will unload and park in the High School Parking lot,
located on the south side of the high school.

Participating teams: AHSTW, Atlantic, Audubon, Bedford, CBAL, CBTJ, Clarinda, Clarinda Academy, East Mills, Fremont-Mills, Glenwood, Hamburg (MS only), Lewis Central, Red Oak, Riverside, Sidney, Shenandoah, SW Valley, St. Albert, Stanton, Tarkio, Treynor, West Nodaway, Underwood.

Scoring

- Varsity teams, enter seven (7), score five (5)
- Junior Varsity, unlimited, score five (5)
- Middle School, unlimited, score five (5)

Team/Individual Awards:

- Varsity top four teams, medals (7/school)
- Varsity top 25 runners, medals
- JV top-2 teams, medals
- JV Individuals, top-15 medals
- MS, top-2 teams, medals
- MS, individuals top-15, medals

Meet Info:Order of Events:

4:00 MS
4:30 National Anthem/ Senior night
4:40 JV Boys
5:20 Varsity Girls
5:50 Varsity Boys
6:20 JV Girls
ASAP awards

Special Info:

- Check in at the finish (Trailer)
- Coaches pick up packets at the finish (Trailer)
- Course maps provided in email and when you arrive
- Restrooms available in school, use cafeteria doors
- Food will be available to purchase at the meet
- Coaches pick up awards east side of the safe room
- Coaches results will be posted online (Aspi) and sent to AD's via email
- We will have a senior recognition after the middle school races around 4:30