**West Holt**

**Cross Country Invite Information**

Thursday, September 28, 2023

@ Atkinson-Stuart Country Club

\*In the past, parking has been made available at the state park to the south of the country club, North of the club on Hwy 20, and in the Keogh Electric lot North of the club. If parking at Keogh, you will have to cross Hwy 20 on foot. Please be careful.

* 4:00 HS **Girls** JV/Varsity
* 4:45 (approx.) HS **Boys** JV/Varsity\*\*
* 5:30 (approx.) JH **Girls**\*\* (approx. 1600M-1mile)
* 5:50 (approx.) JH **Boys**\*\* (approx. 1600M-1mile)

\*\*The race will begin as soon as everyone from the previous race is finished, no matter the time.

We will leave the school at 12:15. Dismissed at 11:40 for lunch.

Top 20 Varsity finishers will receive medals. Top 15 junior high receive medals. One Championship plaque and one Runner-Up plaque for each Varsity race.

TEAMS: Ainsworth, Boone Central/Newman Grove, Boyd County, Burwell, CWC, Creighton, Elkhorn Valley, Niobrara/Verdigre, Neligh-Oakdale, North Central, O’Neill, Ord, Riverside, Sandhills/Thedford, St. Edward, Stuart, Twin Loup, Valentine, West Holt

NOTE: Portable restrooms are set up. These are the ones we should use.

**Do not** use the ones in the clubhouse!

Please stay off of the greens and tee boxes!

If you have any questions after school hours, feel free to call me.

My cell phone # is (402) 322-0075. Coach Melissa McIntosh