**District D-4**

**Cross Country Information**

Thursday, October 12, 2023

@ Ainsworth Municipal Golf Course

“7 miles West of Ainsworth on Highway 20”

\*Parking available along the driveway leading to the course and in an adjacent pasture

* 4:00 HS **BOYS** Varsity
* 4:45 (approx.) HS **GIRLS** Varsity

We will leave the school at 11:45

Top 15 Varsity finishers will receive medals and advance to the State meet. Only top 2 teams receive plaques while top 3 teams will all advance to the state meet.

TEAMS: Ainsworth, Arcadia/Loup City, Boyd County, Burwell, Creighton, CWC, Elkhorn Valley, EPPJ, Lutheran High Northeast, Neligh-Oakdale, Niobrara/Verdigre, North Central, Osmond, Plainview, Riverside, Sandhills/Thedford, Santee, St. Edward, Stuart, Summerland, Twin Loup, West Holt, Valentine

NOTE:

* The restrooms available will be Porta potties
* Please stay off of the greens and tee boxes
* Adults $4.00 Students $3.00 no passes are accepted
* Admission Adults: $4 Students: $3
* **Please stay out of any marked off areas such as areas roped/flagged off**
* **The finish area is considered a roped/flagged area and is for workers, coaches, and athletes finishing a race only**
* **Entry to roped/flagged areas can always be grounds for disqualification of athletes**

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

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