

South Central Calhoun Titan Invitational Cross Country Meet

Date: Tuesday, October 8, 2019

Site: Lake City Country Club – Highway 175, East edge of Lake City.
Hosted by South Central Calhoun High School

Entries:	Varsity Boys & Girls	Run 7 Count 5	5K Race
	Junior Varsity	Run Unlimited Count 5	5K Race
	Middle School	Run Unlimited	2.5 miles approx.

Note: As per State Qualifying Rules, we will use displacement scoring for All races.

Awards: Varsity - Medals 1 – 25 Junior Varsity – Medals 1 - 15
Trophy – Championship Teams in Varsity Boys and Girls Divisions.
Ribbons to ALL Middle School Finishers!!

NOTE TIME SCHEDULE BELOW!

4:30 p.m.	Varsity Boys / Junior Varsity Boys – 5K
5:15 p.m.	Varsity Girls / Junior Varsity Girls – 5K
6:00 p.m.	Middle School Boys / Middle School Girls – 5 min. After MS Boys – 4K

JUNIOR VARSITY BOY & GIRL RUNNERS / MIDDLE SCHOOL GIRL RUNNERS –
WILL Wear Purple Tyvek wristbands on Left Wrist and enter Left Finish Line Chute.

VARSITY BOY/VARSITY GIRL/MIDDLE SCHOOL BOY RUNNERS –
***WILL NOT* wear wristbands and will enter the Right Finish Line Chute.**

Please make sure BIB numbers ARE NOT pinned at the bottom. We need to be able to pull the bottom TAB off the BIB at the finish line.

Teams Participating:

Alta/Aurelia, East Sac County, Greene County, Kuemper, Manson-NW, OABCIG, Ogden, Pocahontas Area, Ridge View, Sioux Central, Southeast Valley, South Central Calhoun, West Bend-Mallard, Woodward Academy(boys only)

South Central Calhoun Cross Country Invitational Additional Meet Information

Please Read!! Please Read!! Please Read!! Please Read!!

COMPLETE MEET RESULTS WILL BE POSTED AT:

www.scc.k12.ia.us

***following the conclusion of the meet. Should be there upon
your arrival at home.***

ATTENTION!!!

BUS AND SPECTATOR PARKING INFORMATION

******We ask that your bus drivers please pull into the parking lot, drop off athletes and coaches, and then proceed to leave the parking lot, cross the highway, and park in the areas surrounding the metal buildings south of the Lake City Country Club across Highway 175.**

ONLY CARS AND SUBURBANS will be allowed to park in the country club parking area. Please inform your spectators of the parking arrangements.

Brian Knapp

Head Cross Country Coach

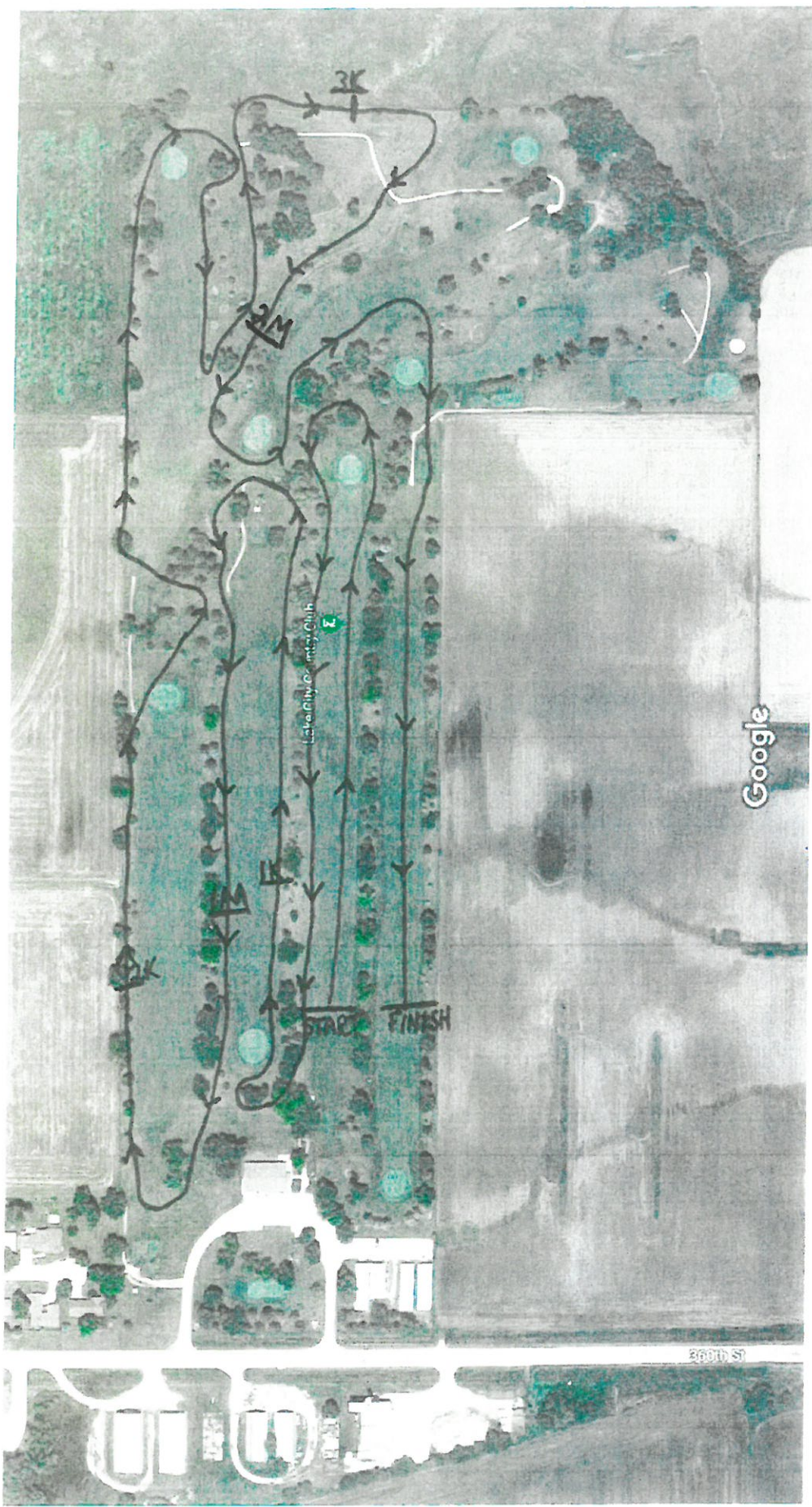
South Central Calhoun



South Central Calhoun Titans
Cross Country Invitational
High School 5K Course

*Mile and Kilo Marks are
Approximate

*This is approximately what the
course looks like!



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South Central
Calhoun
Invitational
Middle
School
4K Course