



Spearfish High School Activities Office

Phone: (605) 717-1206
Fax: (605) 717-1235

525 East Illinois Street
Spearfish, South Dakota 57783

TO: ADs / Cross Country Coaches

FROM: Stephanie Ornelas- sornelas@spearfish.k12.sd.us (High School AD)
Brady Summers- bsumners@spearfish.k12.sd.us (Middle School AD)

SUBJECT: Cross Country Meet

Meet Date: Friday, September 3, 2021

Time(s): 9:00am Walk through begin
10:00am Meet begins at Evans Park (Rocketship Park)
1:00pm Middle school will begin running at 1:00pm.
*Buses will be able to park in extra lot at the high school.

Officials: Starter – Darren Paulson

Entries: Varsity – Maximum of 10 entries

Junior Varsity – Unlimited

Freshman - Unlimited

Divisions:	Freshmen Girls	10:00 am*	4000 meters 9 th grade or under only
	Freshmen Boys	10:30 am*	4000 meters 9 th grade or under only
	Varsity Girls	11:00 am*	5000 meters
	Varsity Boys	11:30 am*	5000 meters
	Junior Varsity Girls	12:00 pm*	4000 meters
	Junior Varsity Boys	12:30 pm*	5000 meters
	MS Girls – 6 th Grade	1:00 pm*	3000 meters
	MS Boys – 6 th Grade	1:25 pm*	3000 meters
	MS Girls – 7 th /8 th	1:55 pm*	3000 meters
	MS Boys – 7 th /8 th	2:20 pm*	3000 meters

*or immediately following the previous race

Team scores will be kept for the two varsity races

Medals: No medals will be handed out. Varsity Team Championship: the team will receive a championship t-shirt

Cost: \$30.00 for each school (No fees for MS teams)

Notes: **Shortly after the start runners will have option of running on grass or concrete until entering the field for trail running and loop back around. The running surface is natural terrain on primarily a dirt or cut grass surface. The races will finish in Jorgensen Park. Running flats are recommended.**

1. The potential for a very hot day will be possible. As coach, it is your responsibility to instruct your athletes about how to maintain proper body hydration.
2. Come dressed to compete. Changing facilities are not available at the course.
3. Uniform rules will be enforced
4. Teams will receive number bibs; the number will match the number that is issued to the athlete. We will not be writing on the hands; the bibs will be the athlete's number.