

Lakota Nation Invitational Cross Country Meet

DATE: Saturday September 30th, 2023

TIME: 10:00 am MST

WHERE: Hart Ranch Camping Resort, Rapid City SD

ORDER OF RACE:	Girls Varsity	5000 meters	10:00 am
	Boys Varsity	5000 meters	10:30 am
	Girls JV	4000 meters	11:00 am
	Boys JV	4000 meters	11:30 am

ENTRIES: Varsity: 6 Entries per school (4 + 2) Junior Varsity: Unlimited Entries Per School

AWARDS: Medals to the top 20 runners
Plates to the top 4 teams
Championship team hoodies

- Medals will be issued to the runners at the finish line
- Team awards following the last race

ENTRY FEE: \$300.00 per school. Payable to: **Lakota Nation Invitational**
3213 W. Main St. #425
Rapid City, SD 57702
605-391-3149

****YOU MAY BRING PAYMENT TO THE MEET****

ENTRY INSTRUCTIONS: Meet entries will be entered through Athletic.Net. Schools will receive an invite to the meet via Athletic.Net. Please follow the instructions to enter your athletes. If you have any questions regarding entries, please contact Darren Paulson at ldpauley@rap.midco.net or by cell phone at 605-858-0543.

TIMING: Meet will be timed using the Bib/Computer Chip Timing System. Times will be recorded automatically as runners cross the finish line. Please make sure that your athletes are wearing the correct Bib/Chip that has been assigned to them.

Concessions will be available provided by Hart Ranch.

For potential lodging please contact Hart Ranch Camping Resort at 605-399-2582. Reservations can be made starting 30 days in advance of the Meet!

We will appreciate each school cleaning up trash.

MEET STARTER: Chuck Wilson

MEET REFEREE: Keith Ferguson

NEXT YEARS MEET DATE: Saturday October 5, 2024

*Please e-mail or call if you have any questions.

Keith Ferguson

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CELL PHONE: (605) 407-0530

