MILLARD SOUTH HIGH SCHOOL

32nd ANNUAL CROSS COUNTRY INVITATIONAL

DATE: Friday, September 7th, 2018

DIRECTOR: Jordan Fuglestad

 jdfuglestad@mpsomaha.org

 605-940-3029

TIME: Girls JV 5K 3:45 PM

 Boys JV 5K 4:30 PM

 Girls Varsity 5K 5:15 PM

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High School Awards 6:10 PM

 Youth Girls 3K 6:40 PM

 Youth Boys 3K 7:05 PM

 Youth Awards 7:30 PM

\*In case of adverse weather i.e. heavy rain, we will run Varsity Races first. Junior Varsity will follow. This will be communicated with coaches by 12pm on race day. If heavy rain comes in without warning we will communicate as soon as possible. We hope this does not occur, but want to have a plan in place, so you can communicate with your student-athletes.

COURSE: Walnut Grove Park

 152nd and “Q” Street

 Omaha, NE

AWARDS: JV Boys and Girls Top 15 Medal

 Varsity Boys and Girls Top 15 Medal

 Varsity Team Plaques for Winners and Medals for Team Members

Youth Top 15 in each race will be awarded ribbons

ENTRIES: JV Boys and Girls Unlimited

 Varsity Boys and Girls Seven

FEE: $85.00 Boys or Girls Team

 $170.00 Both Boys and Girls Teams

 Free Youth

TEAMS: Creighton Prep Grand Island Lawrence Free State

 Lincoln East Lincoln Southeast Lincoln Southwest

 Millard North Millard West Millard South

Omaha Marian Omaha Westside Papillion South

Sioux Falls Lincoln St. James Academy

ENTRIES INSTRUCTIONS:

 Entries by online registration through athletic.net.

 If you have any questions about entries contact Mike McGuire at mike1323@cox.net or

402-981-1716.

 Submit an accurate team roster by 11:00 a.m. on Wednesday, September 5th.

If you have any questions or concerns, please contact the meet director at Jordan Fuglestad at jdfuglestad@mpsomaha.org or Steve Throne at sdthrone@mpsomaha.org .