



56th Annual Sheldon Orab Cross Country Invitational

Entries: Jason Cowley, from VP Timing out of Sioux City, will be on hand to time and score our meet. All runners must be entered online by 9:00 on the morning of the meet; make sure to distinguish if they are middle school or high school participants.

***Please go to www.xc.screlays.com to enter your athletes. Password= 20xc20

***Coaches, please provide safety pins for your runners. I know many have some already from prior meets so please have the athletes pass them down from race to race.

Participating Teams:

BH/RV, Estherville LC, MOC-FV, Remsen St. Mary's, Sergeant Bluff-Lutton, Sheldon, Sibley-Ocheyedan, Sioux Center, Sioux City East, Sioux City North, Sioux City West, Spirit Lake, Storm Lake, Trinity Christian, West Lyon

Date & Time: September 22, 2020 – 4:30 P.M.

Location: RiseFest Ground (North off Highway 18 by Fareway)

Time Schedule:	Middle School Girls	4:30 P.M.
	Middle School Boys	4:50 P.M.
	Junior Varsity Girls	5:10 P.M.
	Junior Varsity Boys	5:45 P.M.
	Varsity Girls	6:15 P.M.
	Varsity Boys	6:40 P.M.

The first race will start on time. Others will follow as quickly as possible; races may start before previous race is finished.

Distance: Boys: 5000 Meters / 3.1 miles
Girls: 5000 / 3.1 miles
Middle School / 2 miles

Divisions: Varsity Boys & Girls – Run seven and count five.
JV – No limit on runners- count 5.
Middle School – No limit

Entry Fee: \$45.00 for boys team & \$45.00 for girls team.
(\$90.00 for both boys and girls)
Each school will be charged an additional \$1.75 for each runner's electronic bib for timing. I will invoice you individually based on entries to the meet.
Individual runners comprising less than a team are \$8.00.
Middle School – no charge

Awards: Varsity – 30 medals per gender
Junior Varsity – 25 medals per gender

General: Porta Potts will be available as shown on the accompanying map.

Bus Parking: Bus parking is detailed on the accompanying map.

****Please recycle pins from earlier in the year! Thanks for coming to our invite.** If you have any questions, feel free to call Head Coach Kyle Zankowski or myself at 712-324-2501. You can also reach us via e-mail at kzankowski@sheldon.k12.ia.us or emaassen@sheldon.k12.ia.us

-Eric Maassen- Activities Director