

Rhinelanders Hodag Cross Country Invitational
Thursday August 25th, 2016

RACE TIMES: 10:00am GIRLS VARSITY/JUNIOR VARSITY
 10:30am BOYS VARSITY/JUNIOR VARSITY

COURSE: The Rhinelanders Cross Country Course is across from the High School

The Boys and Girls will run a 5000 meter course

NOTE: *Coaches pick up your race packets from ACCU Race, Clark Jillson at the finish line when you arrive.*

ENTRIES: Your timeliness in submitting your entries is essential. ***MUST use website listed here.***

----- Opens 8:00am August 19th, & CLOSES at 8pm TUES 22nd -----

Bib Numbers will not be available – not entered, will not get a number.

Please enter ONLY runners you know will be competing. DO NOT just enter your entire roster.

LOG On To: Directathletics.com

Any problems, call ACCU Racing 1-608-778-1727 or
Activities Director Brian Paulson 715-216-2809 (cell)

ENTRY FEES: **\$130 for both boys & girls teams (V & JV)**

Payable to: Rhinelanders High School, Attn: Brian Paulson, Thank you.

FACILITIES: Each team will not have a locker room, but in an emergency we will have a locker room available. If you need a dressing facility, please contact Activities Director Brian Paulson to arrange for the use of the locker room.

Rhinelanders Cross Country will provide a concession stand outside for all!!

AWARDS: This year we will have **Two Divisions** but will run everyone together
Plaques for the each **Division TEAM** Champion and Runner-up for both boys and girls.
Medals for the top 10 individuals places for **each** boys division.
Medals for the top 10 individuals for **each** girls division.

<u>Divisions:</u>	<u>Senior Division</u>	<u>Junior Division</u>
	Antigo	Crandon
	DC Everest	Goodman-Pembine
	Rhinelanders	Laona - Wabeno
	Merrill	Phelps
	Northland Pines	Three Lakes
	Wausau West	
	Wausau East	

PRESENTING AWARDS & RESULTS:
Awards will follow the conclusion of the meet by the concession stand area.

REMINDER : ******PARTICIPANTS MUST KEEP THEIR SHIRTS ON AT ALL TIME –**
COURSE RULE! *****PLEASE, ABSOLUTELY NO COOL DOWNS ON THE COURSE!!!**

Thank you for attending the Hodag Invitational. If you have any question please email me at paulsbri@rhinelanders.k12.wi.us or call 715-216-2809, Brian Paulson Rhinelanders Activities Director