

Knox Central CC All-Comers 2013

@ Knox Central High School

Current 09/09/13

When: Saturday, September 7th, 2013

Where: Starts at Knox Central Track @ Knox Central High School, 100 Panther Way, Barbourville
Our course winds around the school grounds and up into the hills behind the school.

Directions: Type "Knox Central High School" into Google Maps. The address is 100 Panther Way, Barbourville.

Race	Time	Distance	limit	Team fee	Individual fee
Combined EL / MS*	5:30	1.8 (3K)	no limit	\$20	\$5
Combined reserve*	6:30	3.1 (5K)	no limit	\$30	\$10
Varsity girls	7:15	3.1 (5K)	Max 7 runners	\$40	\$10
Varsity boys	8:00	3.1 (5K)	Max 7 runners	\$40	\$10

*We will run the EL/MS race provided that there are at least five teams or 20 runners signed up to run. The same goes for the reserve.

Timing: Results with TFMM. We should have the results printed just a few minutes after the last race is over.

Entries: ***All schools, please use **HY-TEK FILES (TEAM MANAGER or TM LITE)** to send us your roster **by end of day Monday, September 16th**. If you can't, contact Bjorn Wastvedt (email below). Include first name, last name, age, and gender for all of your runners, please.

Teams for the Varsity race must have between 5 and 7 runners. Junior Varsity and Middle School / Elementary teams are any number of runners (no limit). If entering a JV team, you must also enter a Varsity team, but if you have only individual runners, you may enter them either in JV or in Varsity. If you intend to bring runners to this event, please e-mail bjorn.wastvedt@knox.kyschools.us with your intent, and how many runners you plan to bring, or for more information.

Please write the comp# of each of your athletes on his or her **right** hand, with knuckles facing down.

Entries/Changes: Send entries & changes to Bjorn Wastvedt by the date highlighted above: bjorn.wastvedt@knox.kyschools.us

Entry Deadline: Date highlighted above: please submit all entries and corrections by this time.

Mailing address: attn.: Bjorn Wastvedt / Knox Central Track
Knox Central High School
100 Panther Way
Barbourville, KY 40906

Scoring: Top five runners for each team will count in the scoring, with up to two displacing.

Awards: Top two teams in varsity will receive trophies. Top10 runners in each race will receive awards.

Other: Plenty of delicious concessions will be available at the concession stand. Tent space is around the track. All proceeds go to KC cross-country. Bathrooms are at the track and field facility, where the race starts. You can see the runners in the 5K four times during the course of the race just standing at the field. Maps will be available at the race. Buses and cars should park in the main Knox Central parking lot, in front of the school. There will be no entry fee for spectators.

Terry Lanham will enforce all rules of the KHSAA specifically regarding uniforms, jewelry and sportsmanlike conduct.

For additional information contact Bjorn Wastvedt, Keith Broughton, or Gerald Wilder at the following:

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