

Arcadia-Loup City Cross Country Invitational

Date: Thursday, September 8, 2022

Time: 5:30 p.m. Boys first, Girls second, JH third

Place: Sherman Reservoir State Recreation Area in the Redwood Area, which is located seven miles east of Loup City (a map is available to be mailed upon request; otherwise a map will be available when each team arrives.) If coming out of Loup City follow the paved road east. Turn left at Sportsman's Corner. Head North approximately 1 mile and take the first left past the state maintenance buildings.

Parking: Vehicles with government plates may park in the ONE designated rest area without a Park Entry Permit. **All other vehicles must have a park entry permit this year. A day permit will be available at the entrance to the Redwood Area (\$6)**

Course: ALL high school competitors will run (3.1 miles). Junior high runners will run (2 miles)

Entry Fee: \$50 per team, \$100 per school, \$9 per runner if not a complete team

Schools: Arcadia-Loup City, Amherst, Ansley-Litchfield, Central Valley, Chambers-Wheeler Central, Elm Creek, Fullerton, GICC, Kenesaw, Overton, Pleasanton, Sandhills-Thedford, SEM,

Scoring: Varsity run everyone, score 3

Medals: Medals for top 15 Boys and Girls, as well as team champion plaques. Junior high top 10 will receive ribbons.

Park Entry Permits: The Nebraska Game & Parks Commission have indicated they will have personnel present at the meet to check vehicles for the Park Entry Permit. **Day permits will be available to purchase at the entrance to the Redwood Area for \$6.00. Please pass this information onto your fans and parents. No parking will be allowed on the highway outside the Redwood Area.**

General: The Nebraska Game & Parks Commission and the Arcadia-Loup City Schools want to ensure the meet is coordinated properly and safely for everyone concerned. If additional information is needed, please contact Paul Henry AD or Kyle Knaub Head Coach.

Coaches: Please send your entries to Kyle Knaub (kyle.knaub@lcpublic.org) **by 12:00 pm Tuesday Sept. 6th.** (Just list all of your high school runners. Also, make sure to list all of your junior high runners)