

WAVERLY HIGH SCHOOL

Brad McMillan, Athletic Director



Waverly Cross Country Invitational

Location: Waverly High School/Waverly Middle School Campus

Date: Friday, September 16, 2022

Schools: Beatrice, Crete, Elkhorn, Gross Catholic, Lincoln Northwest, Mount Michael, Norris, Omaha Bryan, Palmyra, Papillion La Vista South, Platteview, Plattsmouth, Ralston, York, Waverly

Time: Girls JV: 2:00 PM
Girls Varsity: 2:45 PM
Boys JV: 3:15 PM
Boys Varsity: 3:50 PM

NOTE: First race will start at 2:00pm. All other race times are approximate as we will start ahead of listed times if possible.

Parking: Teams and spectators are to use the **SOUTHWEST** parking lot. Overflow parking for spectators in the **NORTH** and **SOUTHEAST** lots.

Guidelines: NSAA Manual for Cross Country Meets will be followed

Format: Due to the large number of entries we've had in the past for the Boy's JV race, we **COULD** be starting in waves. If this is necessary, the Boy's JV race will start in 2 waves with 1:00 minute in between each start. We will make this determination once we have all the entries.

Please have ALL runners at the starting line so we are able to organize the waves.

BOYS JV ENTRIES, COACHES NEED TO INPUT A TIME OR ESTIMATED TIME IF THEY HAVE NOT RUN A RACE YET. THIS WILL DETERMINE WHAT WAVE THEY WILL RUN IN.

Both Varsity Races and the JV Girls race will have one start.

Live Results: Go to www.blacksquirreltiming.com then click on the name of the meet

Distance: High School – 5,000

Awards: An Awards Ceremony will take place near the finish line following the final race.

Boys and Girls JV – Top 15 Ribbons
Boys and Girls Varsity – Top 20 Medals

Team Championship Plaque and Team Medals
Team Runner-up Plaque and Team Medals
Third Place Team Plaque

Team Scoring: Each team may run up to 6 varsity runners in each varsity race, we will score the Top 4
In the event of a tie, we will go to the fifth runner.

Team Packets: Will be available at the finish line. Numbers will be included in the packets, along with safety pins. Bib numbers need to be on the **FRONT** of the uniform. Any changes, report to Black Squirrel at the finish line area.

Course Maps: We will have course maps in your Team Packets for coaches.

Painted line, directional signs, flags, and personnel are throughout the course to mark the path. We will also have a lead ATV and a follower.

If runners or coaches have any questions about the correct path, they are expected to ask for clarification in advance of the race. Participants are encouraged to walk the course prior to race time.

Team Staging: Determined by meet director through a random draw.

Box 1: Crete	Box 5: York	Box 9: O. Bryan	Box 13: Elkhorn
Box 2: Beatrice	Box 6: O. Gross	Box 10: Ralston	Box 14: Palmyra
Box 3: Papio South	Box 7: Mt. Michael	Box 11: Waverly	Box 15: Plattview
Box 4: Norris	Box 8: Plattsmouth	Box 12: L. Northwest	

Restrooms: Located in the building **WEST** of Viking Stadium area.

Starter: Steve Borer

Camp Site: The enclosed maps show where camp sites are permitted. Please do not set up your camp sites in other locations. It is recommended to have a shade tent for your camps. Please assist in the camp site clean-up at the conclusion of the meet.

Trainer: A certified athletic trainer will be on site. We will have coolers of water available at the finish line.