

# 4A West Regional



# Cross Country 2016

**DATE:** October 14, 2016

**SITE:** Paradise Valley Country Club—70 Magnolia, Casper, Wyoming

**STARTING** GIRLS JUNIOR VARSITY - 10:00 AM BOYS JUNIOR VARSITY - 10:30 AM

**TIMES:** GIRLS VARSITY - 11:00 AM BOYS VARSITY - 11:30 AM

- The junior varsity and varsity teams will be permitted to enter a maximum of seven athletes, scoring five for team honors. Entries due to [runnercard.com](http://runnercard.com) by noon Thursday, October 13<sup>th</sup>.
- Coaches- Reminder that neither you nor your athletes may aid or abet your runners during the race.
- It is of major importance that each coach makes sure that his or her team members are fully knowledgeable of the course layout. Look for painted arrows, small pink surveying flags, tall blue flags (straight ahead), tall yellow flags (right turns), and tall red flags (left turns).
- Please stay off all greens throughout the golf course.
- Upon your arrival you will be given two numbered labels per competitor. These will have your runners' names and schools on both labels, as you entered them, with matching numbers. Please give each runner his/her labels immediately upon finishing the race and before they reach the score table.  

**\*\*\*DO NOT REMOVE THE LABEL FROM ITS BACKING\*\*\***
- Both labels are to be given by the runner to the official in the finish chute.
- Please instruct your runners upon crossing the finish line to proceed down the chute to the official scorers. They are not to leave the finish chute beforehand.
- Awards will be presented at the conclusion of the meet. All-Conference medals will be awarded to the top ten Varsity boys and the top ten Varsity girls. Awards will be presented to the top five JV girls and boys. Team Champion plaques will also be awarded, as well as Conference Coach of the Year plaques for both the boys and girls teams.
- Please vote for the Boys and Girls Conference Coach of the Year immediately following the end of the last race. Submit the ballot to AJ Nathan, Kelly Walsh High School Activities Director.
- A trainer will be available at the finish line area.
- Parking is LIMITED at the golf course. Please instruct buses to drop off runners at the PVCC parking lot and then proceed to their designated parking spaces. An attendant will be available for assistance.

# 2016 4A West Conference Coach of the Year Ballot

## Girls Conference Coach of the Year

Brad DeKrey – Rock Springs \_\_\_\_\_

Craig Leavitt – Green River \_\_\_\_\_

Ryan Berger – Evanston \_\_\_\_\_

Jeff Brazil – Jackson Hole \_\_\_\_\_

Becky Sondag – Natrona \_\_\_\_\_

Bryan Coventry – KW \_\_\_\_\_

## Boys Conference Coach of the Year

Brad DeKrey – Rock Springs \_\_\_\_\_

Craig Leavitt – Green River \_\_\_\_\_

Ryan Berger – Evanston \_\_\_\_\_

Jeff Brazil – Jackson Hole \_\_\_\_\_

Becky Sondag – Natrona \_\_\_\_\_

Bryan Coventry – KW \_\_\_\_\_

\*\*\*Please return this ballot to AJ Nathan at the completion of the last race.\*\*\*

# Paradise Valley Country Club

