



Lander Invitational Cross Country Meet September 19, 2019

Middle School Girls	1:00 P.M.	Middle School Boys	1:30 P.M.
Middle School Awards		2:00 P.M.	
Varsity Girls	3:00 P.M.	Varsity Boys	3:30 P.M.
JV Girls	4:00 P.M.	JV Boys	4:30 P.M.
High School Awards		5:00 P.M.	

Fee: High School Fee per team is \$100.00. Invoice is attached. We are not charging middle schools.

Scoring: We are using a computer chip timing system and need all coaches to enter their contestants into RunnerCard by Wednesday, September 18 at 4:00pm.

Course: The high school course is five kilometers and the middle school course is two miles long. The course will take place on the back nine (old front) of the golf course. Please stay off the greens and out of the bunkers. Arrive early enough if you want to walk the course.

Bus Parking: Buses will drop off and pick up athletes at the clubhouse. Please park buses in designated areas. There will be signs designating these areas.

Awards:	Top 5 Boys Varsity	Top 5 Girls Varsity	Top 5 JV Boys
	Top 5 JV Girls	Top 5 MS Boys	Top 5 MS Girls
	Team Boys/Girls Varsity	Team Boys/Girls MS	

Restrooms: Four Port-a-Potties will be made available in parking lot near club house. Please direct your athletes not to go inside the clubhouse.

Awards: Awards will be handed out on-site. Please note that if we need to hold the award ceremony indoors due to weather, it will be held in the front lobby of the LVHS.

Weather: In case of adverse weather/lightning an air horn will sound and at that point teams will need to go to their respective busses until the lightning delay is lifted.

Shaved Ice: Shaved ice will be sold on the course; please throw cups away.

Kevin Green
LVHS Cross Country Coach

Mist Atnip
LMS Cross Country Coach

Serol Stauffenberg
Activities Director
307-840-2195



INVOICE

Lander Valley High School
Cross Country Meet
September 19, 2019

Entry Fee - \$100.00

School: _____

Make checks to LVHS Activities
350 Baldwin Creek Rd.
Lander, WY 82520