

2023 ELDON KNUDSON INVITATIONAL

Cross Country Meet

Thursday, September 14, 2023

Rocky Knolls Golf Course, Custer, SD

The meet will follow rolling schedule. The first race begins at 2:00 pm.

The rest of the start times listed are approximate.

GIRLS VARSITY:

- a. Begins at 2:00 pm
- b. 5,000 meters
- c. Awards to the top 20
- d. Entries limited to 10
- e. Score four (4) BOYS

Varsity:

- a. Begins at approximately 2:30 pm
- b. 5,000 meters
- c. Awards to the top 20
- d. Entries limited to 10
- e. Score four (4) GIRLS & BOYS

JUNIOR Varsity:

- a. Girls JV at approximately 3:00, Boys JV at approximately 3:30 – Boys and girls may be combined depending on number of entries
- b. 5,000 meters
- c. Ribbons to top 15
- d. No team points kept
- e. Unlimited entries

MIDDLE SCHOOL GIRLS AND BOYS: *Splitting up the middle school grades / genders will be decided on day of meet depending upon entries.*

- a. First race at approximately 4:00 pm
- b. 3,000 meters
- c. Ribbons to the top 15
- d. No team points kept
- e. Unlimited entries

MIDDLE SCHOOL BOYS: *Splitting up the middle school grades / genders will be decided on day of meet depending upon entries.*

- a. Will begin immediately following the MS Girls Race (approximately 4:20pm)
- b. 3,000 meters
- c. Ribbons to the top 15
- d. No team points kept
- e. Unlimited entries

Walk-through will begin at 1:00 p.m. Please keep runners off the course until that time!

*Please stay off the greens, tees, and sand traps.

*No dressing facilities provided. Please come prepared.

*Use port-a-potties and **NOT** the Clubhouse.

*Bring your own water/sport drinks and cups.

*Please clean up your camps before you leave