



UPDATE

Region 5 Cross Country Meet

Wednesday, October 11,

2023

Hart Ranch Resort Complex, Rapid City SD

10:00 am

TEAMS: Belle Fourche, Bennett County, Custer, Hill City, Hot Springs, Lakota Tech, Lead/Deadwood, Little Wound, Pine Ridge, RC Christian, Red Cloud, St. Francis Indian, and St. Thomas More

SCHEDULE:

Combined JV Girls & JV Boys 5000 Meters 10:00 AM*

Girls Varsity 5000 Meters 10:30 AM*

Boys Varsity 5000 Meters 11:00 AM*

*Times are approximate. Races will follow a rolling schedule.

QUALIFYING: Top 20 individual finishers & up to six runners from the top three teams advance to State Meet

Awards: Varsity – Medals for the top 20 individuals.

Team Awards – Plaques to the top 2 teams

Team Awards – Presented at the completion of the meet. Coaches will be provided with individual awards to be distributed to their award winners.

TEAM CAMPS: Please keep all traffic and team camps in designated areas. Team camps will be located in the area in front of the busses. We would appreciate each school cleaning their team camp area thoroughly before leaving.

CONCESSIONS: Concessions will be available for spectators and teams in the Event Center.

SPECTATORS: Spectators will be allowed, but not allowed near the start or finish areas. There will be no golf carts for spectators and no pets allowed. Hart Ranch security will be directing spectator traffic to parking areas.