

# 43rd ANNUAL ULYSSES "TIGER" INVITATIONAL CROSS COUNTRY MEET

Tuesday, September 22, 2020

Bentwood Golf Course

Ulysses, Kansas

3:00 pm CST Start

Welcome to the 43rd Annual Ulysses Tiger Invitational Cross Country Meet. We are happy to be hosting this event. We hope that each team meets with success.

1. Coaches, please remind your athletes to stay off the greens and tee boxes. We are the guests of the golf course so we want to limit the damage to the course as much as possible. Your help will be appreciated. Please see to it that your teams keep their camping areas spaced away from other teams and keep the area clean throughout and after the meet.
2. Kellen J. Adams, Midwest Timing & Results, will be in charge of running and scoring our meet. We will be utilizing MileSplit for all entries. You may reach him in the following ways: Cell: (785) 650-8282, or email [kjadams@midwesttiming.com](mailto:kjadams@midwesttiming.com).

**Please have entries entered on MilesSplit- [Click Here to Register Your Teams](#)  
by 6:00 pm on Monday, September 21, 2020.**

3. Attendees must use the "Porta-Potties." The golf courses' bathroom facilities are not available for use. PLEASE stay out of the clubhouse.
4. Medals: High School  
Top 20 Varsity Boys & Top 20 Varsity Girls  
Top 10 JV Boys & Top 10 JV Girls  
Top 3 Team Medals (Boys & Girls)  
  
Middle School  
Top 15 7th Grade Girls & Top 15 7th Grade Boys  
Top 15 8th Grade Girls & Top 15 8th Grade Boys
5. Flags and cones will mark the course. It would be to your advantage to have your squad walk the course prior to running. During the race, there will be spotters at all turns. Go around each turn. Runners are to stay within 3 feet of the flags at all times.

- 6.. Please stay away from the tabulation table in order to allow the scorer an opportunity to do their job. We will send out results via the MileSplit software and/or when we receive the results from MileSplit.
7. **We will start the first race at 3:00 pm. The other races will begin as soon as the last runner from the previous race crossed the finish line.**

**PLEASE NOTE:**

- A whistle will be blown 5 minutes before each race is to begin.
  - Another whistle will be blown 3 minutes before the race.
  - Another whistle will be blown 1 minute before the race.
  - We don't want all the race contestants to be centralized for any length of time. Please know that we will start the race with or without your athletes.
8. **Order of races (please note time and order changes): As soon as a race is finished we will start the next race.**

**3:00 PM      7th Boys and Girls (2 miles)  
                  8th Boys and Girls (2 miles)**

**JV Boys (5K)  
JV/V Girls (5K)  
V Boys (5K)**

All teams must have a coach or volunteer from their team to help their athletes move through the finishing chute. People need to be "masked" in the chute area.

**THERE WILL BE NO AWARDS CEREMONIES THIS YEAR**  
WE WILL ISSUE ALL MEDALS TO COACHES ONLY AT THE CONCLUSION OF THE MEET.

We will not be providing a fruit stand as we have in the past, but a bottle of water and pre-packaged snack.

**You will receive team packets upon your arrival, which will include maps of the course and other pertinent information. Please pick them up ASAP. Thanks for coming.**

9. **Entry fees:** Please send all entry fees to Ulysses High School.

**High School**

\$55.00 per girl’s team  
\$55.00 per boy’s team  
\$7.00 per individual runner.

**Middle School/Junior High**

\$35.00 per boy’s team  
\$35.00 per girl’s team  
\$3.00 per individual runner, 5+ equals a team

10. Safety Precautions:

We will not be providing public water for use. Please bring your own ice and water.  
Ice will be provided for injuries.  
Ice-water towels will be provided for emergency cool-down procedures.  
Grant County EMS will be available on site.

11. COVID-19 Information:

We will follow the Covid-19 Grant County Protocol Recommendations as well as the USD 214 Protocols spelled out here. All students, staff, guests, visitors, and patrons are required to wear a face mask at outdoor school activities if they cannot social distance. If you won’t wear a face mask stay home. Runners actively warming up just before their race or during their race do not have to wear a face mask.

**High Schools Attending**

Syracuse      Garden City      Goodland      Leoti-Wichita Co.      Cimarron  
Kim, CO      Lakin      Johnson-Stanton County      Goodwell, OK  
Ulysses

**Middle School/Junior High Schools Attending**

Colby      Comanche DC      DCMS      Goodland  
Horace Good      Kenneth Henderson      Seymour Rogers      Springfield, CO  
Johnson-Stanton County      SW Heights      Syracuse      Goodwell, OK  
Kepley Middle School

Gene Flax  
Ulysses High School Athletic Director

Kevin Self  
Kepley Middle School Athletic Director