



**2021 4A West Regional Cross Country Meet**  
**3 Crowns Golf Club, 1601 King Blvd. Casper, WY**  
**Friday, October 15, 2021**



**SITE/COURSE:** Located at 3 Crowns Club, this 5K pathway course is mostly flat including 99% asphalt path and 1% dirt. The start/finish is to the north of the clubhouse on the Amoco Parkway. See attachment for map; additional maps will be in the team packet.

**COURSE:** The course will be open for survey at 10:30 AM.

**LOCATION:** 3 Crowns Golf Club, 1601 King Blvd, Casper, WY 82604

**PARKING:** Bus parking map is also attached.

**REGISTRATION:** Register 7 Varsity Boys, 7 Varsity Girls, 7 Junior Varsity Boys, and 7 Varsity Girls on [Runnercard.com](https://www.runnercard.com) by Wednesday, October 13th @ 12:00 pm

**STARTING TIMES:** Coaches Meeting @ 3 Crowns Clubhouse - 12:30 pm; National Anthem @ Start Line - 12:50 pm; GIRLS JV - 1:00 pm; BOYS JV - 1:30 pm; GIRLS VARSITY - 2:00 pm; BOYS VARSITY - 2:30 pm

**AWARDS:** Awards will be presented at the clubhouse at the conclusion of the boys varsity race.

**COACH OF THE YEAR:** Ballots will be found in your team packets. Please bring the completed form to the clubhouse immediately after the last race.

Coaches- Please help keep parents and athletes off the greens and out of the clubhouse restrooms. Please use porta-potties at the parking area near the start/finish line. The restaurant will be open for business before, during, and after the race.

It is important that each coach makes sure that all runners are knowledgeable of the course layout.

Upon your arrival you will be given a label for each competitor. These will have your runners' names and school as you entered them. Please give each runner his/her label immediately upon finishing the race and before they reach the end of the chute.

**DO NOT REMOVE THE LABEL FROM ITS BACKING.**

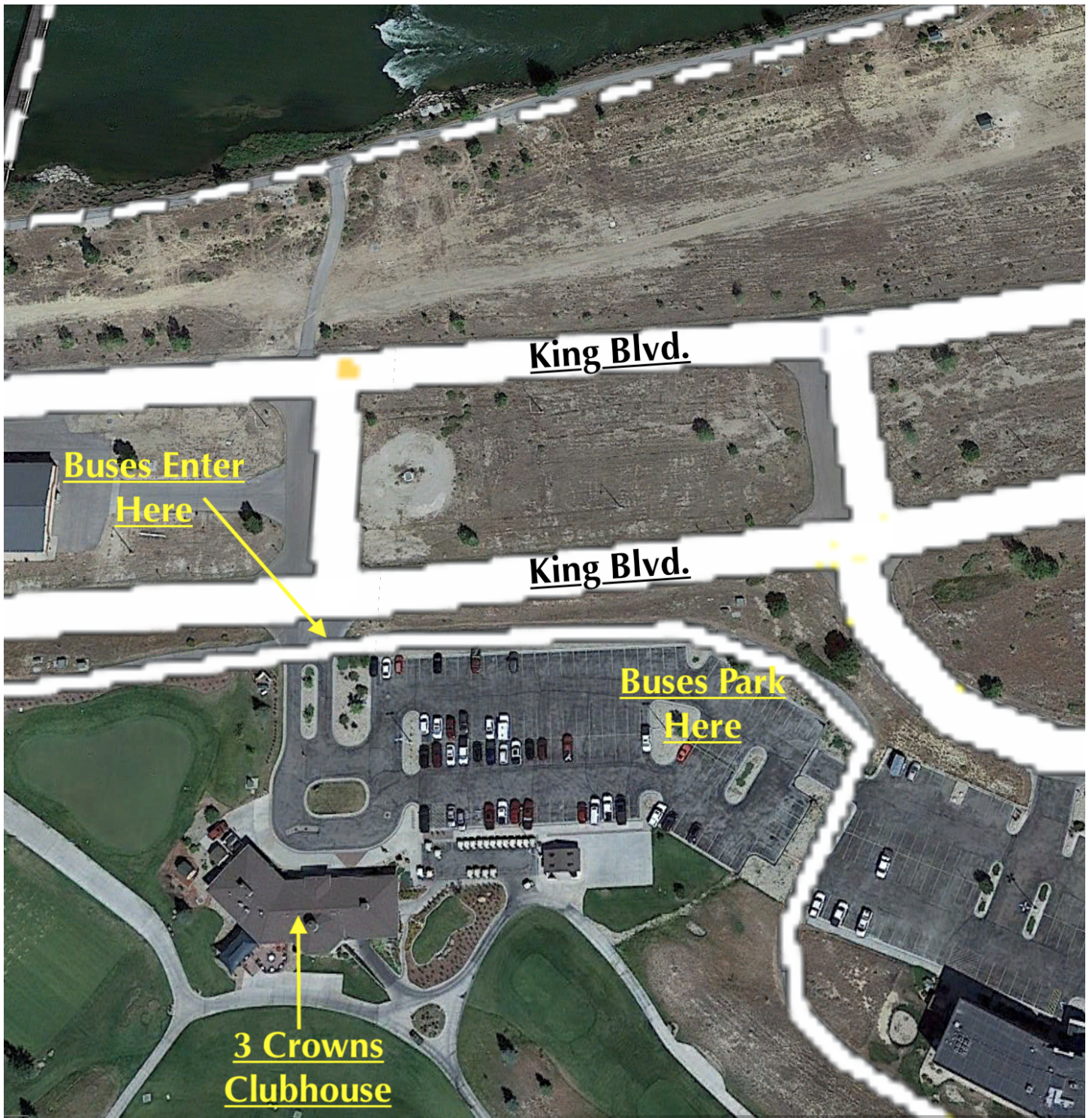
These labels are to be given by the runner to the official at the end of the finish chute.

**GUIDELINES:** Spectators may ride bikes around the course, but not *on* the pathway course. Please be mindful and cognizant of vehicles on King Blvd. while the race is in progress. We realize this course is **NOT** an ideal setting for a 4A West Regional Meet and for the spectators. Inclement Wyoming fall weather has forced us to utilize this course for the safety of all athletes.

**QUESTIONS:** Contact KWHS AD and Race Director: John Sheaff - office (307) 253-2000







### **BUS INSTRUCTIONS**

Due to limited thru-street space for buses to maneuver, please use the suggested bus driving map. Enter 3 Crowns off King Blvd. and then proceed to the designated parking area at the east end of the parking lot.

# Wyoming 4A West XC Coach of the Year Ballot

Return to Bryan Coventry or John Sheaff at the conclusion of the Boys Varsity race

Please circle one coach per gender:

## Girls Coach of the Year

Nathan Conrad - Evanston

Jeff Brazil - Jackson Hole

Bryan Coventry - Kelly Walsh

Greg Schabron - Laramie

Becky Sondag - Natrona

Brad DeKrey - Rock Springs

## Boys Coach of the Year

Nathan Conrad - Evanston

Jeff Brazil - Jackson Hole

Bryan Coventry - Kelly Walsh

Greg Schabron - Laramie

Becky Sondag - Natrona

Brad DeKrey - Rock Springs