

# 3A West Conference Cross Country Meet

Friday, October 18, 2019

Lander Golf Course

Lander, WY

Lander is excited to host the conference championship meet this year and welcomes teams to town. Please let us know if you have any questions.

**Contact:** Serol Stauffenberg, AD, 307-840-2195  
Kevin Green, Head XC Coach, 307-349-9996  
Buddy Red Bow, Assistant XC Coach, 605-381-4474

**Entry Deadline:** Please enter your runners on Runnercard by Wednesday, October 16.

**Check-In:** Team packets and bibs will be available at 11:00am on race day.

**Coaches Meeting:** There will be a voluntary coaches meeting at noon at the scoring tent.

**Order of Events:** Girls at 1:00 / Boys at 1:40 / Awards

**Finish Line:** We will use a computer chip timing system.

**Course:** The course is five kilometers long and will be clearly marked with flags, cones, and paint. There will be marshals located throughout the course. Please remind athletes to stay off of greens and out of bunkers.

**Walk-thru:** The course will be available for walk-thrus starting at 11:00am on race day.

**Dressing Rooms:** Dressing rooms are not available at the golf course however if your teams needs a dressing room, please let me know and I will assign you one at the high school.

**Parking:** Please park busses in designated areas.

**Restrooms:** Port-a-potties will be available at the course. Please tell your athletes to stay out of the clubhouse.

**Awards:** Awards will be give according to conference by-laws and will be presented following the boys race. If there is bad weather, we will have an alternate location for awards.

**Lightning:** If lightning is present, we will let the lead golf car know and sound the air horn.

**Results:** Results will be available on Runnercard and the WHSAA website.