**NCC Cross Country Championships 2018**

**Date:** Thursday October 4th, 2018

**Location:** Syracuse Country Club 266 West 9th St. Syracuse, NE 68446

**Schools Attending**: Arlington, Ashland-Greenwood, DC West, Fort Calhoun, Platteview, Raymond Central, Syracuse, Wahoo

**Schedule (Approximate after 4:30pm)**

 Varsity girls: 4:30 pm

Varsity boys: 5:00 pm

Awards: 5:30pm

 **Packets**: Coaches can pick up their packets at the course on the day of the race.

**Awards**: Championship and runner-up plaques in each varsity division. Individual medals will be presented to competitors placing 1-10. Championship teams will receive 6 medals for their members.

**Entries:** Meet entries for the invite can be submitted:  [http://www.aspimeetz.com/28235](http://www.aspimeetz.com/28235%22%20%5Ct%20%22_blank) Entry Deadline: Closes 10/3/18 11:00 A.M.

**Timing:** Black Squirrel

**Rules and Regulations:** The varsity races will be administered and scored according to the 2018 NSAA Cross County Manual and NFHS Regulations.

**Miscellaneous**: Please check over the enclosed map carefully.

**Course:** Please see map attached.

Changes can be done on the day of the meet.

We look forward to seeing you on the 4th.

**Meet Directors**:

Grant Aden – Head Cross Country Coach: gaden@sdarockets.org

Justin Royal – Activities Director: juroyal@sdarockets.org