

2023 NEC Cross Country Meet
Thursday, October 5, 2023
Webster Golf Course

Meet Director: Nathan Bloom

Meet Official: Robert Kwasniewski

Time:	1:00	Girls Varsity	5K
	Approx 1:30	Boys Varsity	5K
	Approx 2:00	Girls JV	3K
	Approx 2:30	Boys JV	3K

Scoring: Team points compiled only for the varsity races. Scoring will be done with four runners and two pushers. Each race has unlimited entries.

Course Markings: The course will use a combination of lines, cones, and flags to mark the course. The flags are yellow, red, and blue. As a reminder of rule 8 the colors indicate the following:

Yellow: indicates a Right turn (pass on the left side of it)

Red: Indicates a Left turn (Pass on the Right side of it)

Blue: Indicates straight ahead (Can pass on either side of it)

Entries: HyTek program will be used. Brian Tvedt of Deuel will be running the program. Make sure you are entered in the NEC Meet and your rosters are up to date on Athletic.net

Awards: Team champions will receive the standard NEC award plaque at the conclusion of the races. We will have an awards ceremony afterwards outside of the Webster clubhouse (Armory for adverse weather).
Medals to first 20 runners in each varsity race.
Ribbons to first 20 runners in each JV race.

Other assigned duties: **Each school will be required to send one adult along for the purpose of covering certain areas of the course, i.e., to make sure runners are not taking advantage of the course set-up.** (Parents might not make the best choice if they are really interested in seeing a lot of the meet)

Restrooms/Locker Rooms: Locker Rooms will be unavailable for use, and the west door that is typically open will be locked. Please use the restrooms in the lobby on the south side of the Armory or the Webster Clubhouse.

Teams: Teams included in the NEC cross-country meet: Britton-Hecla, Clark-Willow Lake, Deuel, Groton Area, Hamlin, Milbank, Redfield, Roncalli, Sisseton, Tiospa Zina, Webster Area.