

Lennox Orioles Cross Country Invite



Dear AD & Coach:

Lennox High School looks forward to your participation in the Lennox Invitational Cross Country Meet.

Date: Thursday, October 3, 2024 **Time: 4:00 p.m.**

Location: Lenkota Golf Course (1 ½ miles west of SD Hwy 44 and 17 Junction)

Race Schedule: Varsity Boys – 5,000 meters - (Limit to 8) **starting time 4:00 p.m.**
Varsity Girls – 5,000 meters (Limit to 8)
JV Boys – 4,000 meters (unlimited)
JV Girls – 4,000 meters (unlimited)
7th & 8th Boys and Girls – 3,000 meters (ran together and unlimited)

Note: Make sure your runners are up to the starting line as soon as the prior race finishes. We will start the next race when the one before is completed.

Entry Fee: \$125.00

Send check to:
Chris Buckmiller, AD
Lennox HS
305 5th Ave, Lennox SD 57039

Entries made online:

<https://www.athletic.net/Help/CrossCountry.aspx?Meet=209526>

Athlete Registration locked on 10/2/2024 at 6:00 PM

Live Timing and Results: results.dakotatiming.com

Awards: Medals to the first 20 place finishers in each varsity division.
Medals to the first 20 place finishers in each JV division.

Team Scoring: Varsity scoring will consist of the first four (4) placers plus two (2) pushers. No team scoring in the JV divisions.

Questions: Contact Darin Eich (darin.eich@k12.sd.us)/Mike Oltmanns (mike.oltmanns@k12.sd.us)/ Paul McVey (paul.mcvey@k12.sd.us)

Teams:

Beresford, Canton, Dakota Valley, Dell Rapids, Elk Point-Jefferson, Garretson, Milbank, S. F. Christian, Tea Area, Tri-Valley, Vermillion, West Central, Parkston/Ethan, Sioux Falls Lutheran, and Chamberlain