# Trego Golden Eagles Athletics


**Trego Grade School**
612 Junction Ave., WaKeeney, KS 67672
Phone: (785) 743-2472
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**Trego Community High School**
1200 Russell Ave., WaKeeney, KS 67672
Phone: (785) 743-2061
Fax: (785) 743-2449

**Unified School District #208**
612 Junction Ave. Suite B, WaKeeney, KS 67672
Phone: (785) 743-2145
Fax: (785) 743-2071


To: Cross Country Coaches

RE: Trego Community High School Cross Country Invitational

From: Jeremy Samson & Shea Rothchild

**DATE** - September 17, 2026

**PLACE** - Big Creek Golf Course – WaKeeney, Kansas

**TIME**
- 4:30 p.m. JH Girls and JH Boys
- 5:00 p.m. Girls' Race (JV & Varsity Together)
- 5:30 p.m. Boys' Race (JV & Varsity Together)

**AWARDS**
- Plaques to Top Varsity Boys & Girls' Team
- Team Medals to Top Two Varsity Boys & Girls' Teams
- Individual Medals to Top 15 Varsity Boys & Girls
- Individual Medals to Top 10 J.V. Boys & Girls
- Individual Medals to Top 5 J.H. Boys & Girls

**ENTRY FEE** - $40 boys' team / $40 girls' team; or $6.00 individual
Total payment not to be over $80.

**ENTRIES** - Due by Monday, September 14, 2026:
Trego Community XC Meet 2026 - Meet Information

**RUNNERS**
- Boys & Girls' Varsity, 7 runners or less
- Junior Varsity unlimited - JH unlimited

**SCHOOLS** - CFE, Colby, Ellis, Golden Plains, Goodland, Hill City, Hoxie, Larned, Oakley, Palco, Plainville, Quinter, Russell, St. Francis, TMP, Trego, Wallace Co.

**MISCELLANEOUS**
- Coaches packets will be available at the timing trailer.
- Team Scoring per Class 2A rules will be followed.
- Awards to be given as soon as possible after the tabulation of results near the finish line.
- All races will be 5K. JH will run 3200m.
- Water will be permitted on the course.
A water station will be located at the finish line as well.
- Port-A-Potties will be available, please DO NOT use the club house restrooms unless handicap accessibility is needed.

Sincerely,
Jeremy Samson - A.D.


**Superintendent**
Matt Smith
msmith@tregoeagles.com

**TCHS Principal**
Shea Rothchild
hsprin@tregoeagles.com

**TCHS/TGS AD**
Jeremy Samson
jsamson@tregoeagles.com

**Volleyball**
Jami Albers
jalbers@tregoeagles.com

**Football**
Pat Haxton
phaxton@tregoeagles.com

**Cross Country**
Shea Rothchild
hsprin@tregoeagles.com

**Girls Tennis**
Lori Dietz
ldietz@tregoeagles.com

**Boys Basketball**
Nolan Smith
nsmith@tregoeagles.com

**Girls Basketball**
Lance Ziegler
lziegler@tregoeagles.com

**Wrestling**
Michael Malay
mmalay@tregoeagles.com

**Boys/Girls Track**
Pat Haxton
pahaxton@tregoeagles.com

**Boys Golf**
Darin Keyser
dkeyser@tregoeagles.com

**Boys Tennis**
Amelia Dirks
adirks@tregoeagles.com

# PRE-ACTIVITY TIME OUT

## Football

**Administrators:** Jeremy Samson 785-821-1115 Shea Rothchild 785-694-8859

Matt Smith 620-622-7304 Tyler Flavin 785-657-1109

**Medical Professional:** Golf – There will be an ambulance on site.

**AED Location: Blue Bag at the start/finish line.**

**Emergency Exits: N/A**

**Storm Shelter:** Club House

**Rapid Body Cooling Plan:** Cross Country Immersion Tub

**Leadership Communication:** Exchange of Administrators contact information

**Communication to Public:** Public Address Announcement