



To Athletic Directors and Cross-Country Coaches:

Subject: 281 Conference Cross Country Meet
When: Wednesday, September 23, 2026
Start time: 10:00 a.m.
Where: Wessington Springs Golf Course
Starter: Wessington Springs – Mike Mebius

Events:	Girls Varsity	5000m
	Boys Varsity	5000m
	Girls JV	4000m
	Boys JV	4000m
	Girls JH	2000m
	Boys JH	2000m

COACHES MEETING AT 9:15 AM

Discuss rules of meet

Running groups together

- 1) We will run the girls' varsity race first, followed by the boys' varsity. We may combine the girls' and boys' JV division and the girls' and boys' JH division, depending upon numbers in those races.
- 2) We will have you enter your runners on athletic.net and use **numbers** for your runners. NO STICKERS will be necessary. Please have all runners on athletic.net by **WEDNESDAY, September 16**. This is **imperative for things to run smoothly on September 23!!**
- 3) We will have a single chute.
- 4) Varsity team points will be given to the top three runners from a team.
Entries are unlimited except in the varsity races, where there is a 7-runner limitation.
- 5) ALL MEDALS AND RIBBONS WILL BE HANDED OUT AFTER THE RACES ARE COMPLETED.
- 6) We will be using Hy-Tek for the results of this meet. Mr. Jory Schmidt from Highmore will be doing this for the meet.
- 7) Medals will be given to the top ten placers, regardless of school affiliation.
 Ribbons will be given to the first ten placers in the JV and 5 ribbons for JH divisions.
- 8) Team Plaques will be given to the top boys and girls varsity teams.

If any schools have knowledgeable workers that could help at the meet, please contact Mike Ruth at mike.ruth@k12.sd.us or Jason Kolousek at jason.kolousek@k12.sd.us