

YES ATHLETICS - CROSS COUNTRY



CCCNYS NATIONAL QUALIFYING MEET

- DATE:** Sunday, November 10, 2019
- TIME:** Registration will start at 11:30 am and continue until 3:00 pm with the first race starting at 1:00 pm. A rolling schedule will be followed. The 6 - 8 and 9 & 10 girls and boys will be combined. Course walk will be at 12:20pm.
- LOCATION:** Garnett Country Club; Garnett, KS. **ADDRESS:** 1201 North Lake Rd, Garnett, Kansas 66032
- DIRECTIONS:** From 169 Highway take Park Road Exit West. Then go to North Lake Road and turn right at Rec Center. On 31 Highway from Harris, go straight East on Park Road. Then go to Rec Center and swimming pool and turn left. On 59 Highway turn East on Park Road, go to Rec Center and turn left.
- COURSE INFO:** Rolling hills with excellent footing. Refreshments and restrooms will be available.
- YES Athletics MEMBERSHIP:** All athletes must have a 2019-20 YES-Athletics Membership Card to participate. This card may be purchased at registration for \$10.
- ENTRY FEE:** \$15 per athlete.
- AWARDS:** Individual awards will be awarded to the top 20 finishers in each race.
- NATIONAL QUALIFIERS:** To qualify for the National Meet, an athlete must finish in the top 20 of their individual age group excluding teams or his/her team must finish in the top 3.
- NATIONAL MEET:** The CC Coaches National Youth Championship Meet is November 23<sup>rd</sup>, in Shelbyville, IN.

AGE DIVISIONS: (GIRLS & BOYS)			RACE LENGTH		
6	Born 2013		2K		
7	Born 2012		2K	8	Born 2011
9	Born 2010		3K	10	Born 2009
11	Born 2008		3K	12	Born 2007
13	Born 2006		4K	14	Born 2005

- RACE ORDER:** 6-8, 9&10, 11&12, 13&14. Girls first followed by the boys.
- MEET HOSTS:** Brocaw Blazers
- MEET DIRECTOR:** Coach David Ramsey  
(913) 489-9821
- NOTES:** You must bring a **copy** of your birth certificate, driver's license, or passport in order to officially enter.

**IMPORTANT INFO:** There will be no pre-registration. Athletes are encouraged to be ready to register at least one (1) hour before their race. A rolling schedule will be followed but each race should take about 25 minutes to complete. This means that the 8&9 girls and boys will race at 1 p.m., the 9&10 girls and boys will race at 1:15 p.m. and the 11&12 girls will start around 1:40 p.m. followed by the 11&12 boys at about 2:05 p.m. The 13&14 girls will start around 2:30p.m. and the 13&14 boys will start around 3:00p.m. **Please note that all high school runners automatically qualify for the national meet but must register for the national meet with their club team. ALL DOGS, FOOTBALLS, SOCCER BALLS &/OR FRISBEES WILL NOT BE ALLOWED ON THE GOLF COURSE!**