Knox Central CC All-Comers 2013

@ Knox Central High School

When: Saturday, September 7th, 2013

Where: Starts at Knox Central Track @ Knox Central High School / US 25 E / Barbourville

Our course winds around the school grounds and up into the hills behind the school.

Time:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Race** | **Time** | **Distance** | **Team fee/ limit** | **Individual fee** |
| Combined MS + EL | 9:00 | 1.8 (3K) | -- / unlimited | -- |
| Combined JV / Reserve | 9:30 | 3.1 (5K) | -- / unlimited | -- |
| Varsity girls | 10:15 | 3.1 (5K) | -- / 7 | -- |
| Varsity boys | 11:00 | 3.1 (5K) | -- / 7 | -- |

Timing: Results with TFMM

Entries: \*\*\***All schools, please use HY-TEK FILES (TEAM MANAGER or TM LITE) to send us your roster by end of day Friday, August 30th. If you can’t, contact Bjorn Wastvedt (email below). Include first name, last name, age, and gender for all of your runners, please.**

Teams for the Varsity race can be up to 7 runners. Junior Varsity and Middle School teams are any number of runners (no limit). If entering a JV Team, you must also enter a Varsity Team. If you intend to bring runners to this event, please e-mail [bjorn.wastvedt@knox.kyschools.us](mailto:bjorn.wastvedt@knox.kyschools.us) with your intent, and how many runners you plan to bring, or for more information.

Please write the comp# of each of your athletes on his or her hand, with the knuckles facing down.

Entries/Changes: Send entries & changes to Bjorn Wastvedt by the date highlighted above: [**bjorn.wastvedt@knox.kyschools.us**](mailto:bjorn.wastvedt@knox.kyschools.us)

Entry Fee: No entry fee.

Entry Deadline: Date highlighted above: please submit all entries and corrections by this time.

Mailing address: attn.: Bjorn Wastvedt / Knox Central Track

Knox Central High School

200 Panther Way

Barbourville, KY 40906

Scoring: Top five runners for each team will count in the scoring.

Awards: The top ten individuals from each race will receive a ribbon at the finish line. This is subject to change.

Other: Plenty of delicious concessions will be available. There is tent space around the track.

The referee will enforce all rules of the KHSAA specifically regarding uniforms, jewelry and sportsmanlike conduct.

**For additional information contact Bjorn Wastvedt, Keith Broughton, or Gerald Wilder at the following:**

**Bjorn Wastvedt Keith Broughton Gerald Wilder**

**(cell) 724-714-1723 (cell) 606-627-0389 (cell) 606-545-0827**

**(school) 606-546-9253 ext. 1806 (school) 606-546-9253 ext. 1809 (school) 606-546-9253**

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