



DELL RAPIDS SCHOOL DISTRICT

"QUARRIER PRIDE"

1216 NORTH GARFIELD

DELL RAPIDS, SD 57022

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DELL RAPIDS CROSS COUNTRY INVITATIONAL

COVID PRECAUTIONS / CHANGES FROM PREVIOUS YEARS

1. Entries & Timing will be with electronic chips and done through [results.dakotatiming.com](https://www.dakotatiming.com)
2. Entries will be LIMITED to 6 per race
3. A coach from each school must be at the finish line to help runners. Masks required in finish chute
4. Team camps will be moved to the area west of #18 fairway – only team members allowed
5. Slight adjustments will be made to the course to accommodate a wider start line – new map will be sent
6. There will be no awards handed out or presented
7. There will be no water provided. Please bring water bottles
8. All participants, coaches and fans are encouraged to wear face masks.

DATE: Wednesday, September 23, 2020

LOCATION: Dell Rapids Rocky Run Golf Course

TIMES:

2:00	-	Varsity Girls	5000 meters
2:30	-	Varsity Boys	5000 meters
3:00	-	JV Girls	4000 meters
3:30	-	JV Boys	4000 meters
4:00	-	MS Girls	3000 meters
4:30	-	MS Boys	3000 meters

AWARDS: Plaque for Team Champs / Individual medals will be sent / 1-20 for varsity / 1-10 for JV & MS

SCORING: Class A Scoring / 4 counters – 2 pushers

ENTRY

DEADLINE: 6:00 PM Monday, Sept 21 at <https://www.athletic.net/Help/CrossCountry.aspx?Meet=174193>

ENTRY FEE: \$75 / Send to Dell Rapids High School / Attn: Jeff Dvorak / 1216 N Garfield / DR, SD 57022

SCHOOLS

INVITED: Arlington, Baltic, Beresford, Canton, Centerville, Colman/Egan, Dak Valley, DR St. Mary, Deubrook, Deuel, EP-J, Elkton-LB, Estelline, Flandreau, Flandreau Ind School, Garretson, Howard, Hurley, Kimball, Lennox, Madison, MC-M, Mitchell Christian, MV-Plankinton, SF Christian, O-R-R, Sioux Valley, Tea Area, Tri-Valley, Vermillion, West Central, Woonsocket, Lake Preston, JV Christian