

LOWELL HIGH SCHOOL

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Asst. Athletic Director: Mike Magley, CAA

Asst. Athletic Director: Keith Kilmer, CAA

Administrative Assistant: Karen Mize

Red Devil Pride

NORTHWEST CROSSROADS CONFERENCE CROSS COUNTRY MEET SATURDAY, SEPTEMBER 30, 2023 LOWELL HIGH SCHOOL OUTDOOR ATHLETIC FACILITIES

SCHEDULE OF EVENTS

7:30 - 8:15 AM	CHECK IN
8:25 AM	BOYS COMBINED REPORT TO THE START LINE
8:30 AM	BOYS RACE
9:10 AM	GIRLS COMBINED REPORT TO THE START LINE
9:15 AM	GIRLS RACE
~10:00 AM	AWARDS PRESENTATION

THERE WILL BE AN ADMISSION CHARGE FOR ALL SPECTATORS. PLEASE BE SURE TO INFORM YOUR ATHLETES AND PARENTS. ADMISSION WILL BE \$5.00 FOR EACH PERSON.

INSTRUCTIONS:

We are working with Tempo Run Timing, they will be timing and scoring the meet. They have sent an invitation to each school in Direct Athletics. Teams are required to register for the meet via Direct Athletics. Login to your Direct Athletics account, and register your team for the *2023 Northwest Crossroads Conference Championships*. If you do not have an account, you'll need to sign-up for one.

Please submit rosters by Wednesday, September 27 at 11:59pm so they can prepare competitor bibs and team packets. If you have any questions regarding the registration process, contact luis@temporuntiming.com.

AWARDS AFTER THE MEET:

Only the first (7) seven runners for any team will be considered for All-Conference. Any runner (8) eight or later for a team is NOT eligible, even if they finish in the top (20) twenty.

- First team all-conference medals, ribbons and certificates (1st thru 10th)
- Second team all-conference ribbons and certificates (11th thru 15th)
- Honorable Mention all-conference receive certificate (16th thru 20th)
- Conference champion team announced – conference plaque

APPAREL:

NCC conference apparel will be on sale before, during, and after the races. There are a variety of clothing and color options available. The company accepts cash or credit.

Lowell High School has a "no pet policy." Please inform your athletes and parents.

"Enhancing Education through Athletics"