



PULASKI **RED** RAIDERS

FRCC Cross Country Conference Meet

2018

TO: Ashwaubenon, Bay Port, De Pere, Green Bay Preble, Green Bay Southwest, Manitowoc, Notre Dame Academy, Pulaski, Sheboygan South, and Sheboygan North

FROM: Janel Batten, Athletic Director

Kim Noe, Cross Country Head Coach

EVENT DATE: Thursday, October 11, 2018

WHERE: Pulaski Community Running Course @ Pulaski Community Park (Polka Grounds)

(149 E. Pulaski Street, Pulaski WI 54162) Located on the corner of East Pulaski Street

(Hwy. 32) and Brown County Line Road St, Pulaski, WI 54162

PETS: Please remind supporters that NO ANIMALS are allowed at or on the course.

ORDER OF EVENTS:

- ✓ Coaches Meeting 2:30 p.m. (By the finish)

NOTE: The coaches meeting will include the FRCC Cross Country coaches' end of the season meeting

- ✓ Boys JV (5,000m) 3:15 p.m.
- ✓ Girls JV (5,000m) 3:55 p.m.
- ✓ Boys Varsity (5,000m) 4:35 p.m.
- ✓ Girls Varsity (5,000m) 5:05 p.m.

NOTE: We will wait for all competitors to finish their race prior to starting the next race

AWARDS: Conference Championship Plaques and medals will be awarded following the completion of the last race.

CONCESSIONS: Pulaski Red Raider Athletic Boosters will be providing concessions (Please no carry-ins).

T-SHIRTS: Long-sleeved T-shirts will be available to purchase at the meet for \$15.

ENTRY FORMAT: The following information will outline the entry format and timing procedure for this year's FRCC Conference Meet.

We will utilize pttiming.com for entry submission. Your entries should be submitted via this website by **Tuesday, October 9, 2018 at NOON**. Teams that fail to meet the deadline will be charged a late fee of \$50 which must be paid prior to the start of the meet in order for their entries to be accepted.

- LOG ON TO THE WEBSITE AND SCROLL DOWN TO THE FRCC CONFERENCE MEET.
- CLICK ON MEET ENTRIES AND FOLLOW THE PROMPTS AND DIRECTIONS.

- VARSITY ENTRIES LIMITED TO 8 ATHLETES. UNLIMITED JV RUNNERS—ONLY 1 JV TEAM WILL BE SCORED.
- YOU MUST DESIGNATE VARSITY AND JV RUNNERS ON THE FORMS.
- ROSTERS AND TIMING CHIPS WILL BE PROVIDED.
- RESULTS WILL BE AVAILABLE ONLINE AT WWW.PTTIMING.COM

ADDITIONS/CHANGES/SUBSTITUTIONS: Because of a limited number of chips available, additions are not allowed, other than 'Scratch & Replace' changes at the meet. Moving athletes from one race to another is also acceptable. Coaches must report "race changes" to the PTT Staff member on site to ensure the athletes are coded correctly in the system.

MISC: Certified Athletic Trainer will be on site

Bus parking and drop off will be at the west entrance of the park next to the Mountain Bay Trail.

We appreciate your participation in this meet and look forward to seeing everyone on October 11th!

If you have any questions regarding the meet or the above information, please contact:

Kim Noe @ khnoe@pulaskischools.org