

McGregor 8th Annual XC Invitational

Date: Saturday, September 14th, 2019

Where: McGregor ISD/Bluebonnet (Launchpad) Park
903 Bluebonnet Parkway (Behind McGregor HS/Elementary/Primary)

Entry Fee: \$90 per team/\$20 per individual
\$450 max per school
Make all checks payable to: McGregor ISD

Awards: Top 10 individuals in each division will receive a medal. Team plaques to 1st and 2nd place teams in the Varsity and JH divisions. 1st place plaques only in the JV divisions.

Divisions: 8:00AM

JHG	(2 miles)
JHB	(2 miles)
K-6	(1mile Fun Run) approximately a 10 minute race.
1A-4A VG	(2 miles)
1A-6A JVG	(2 miles)
1A-4A VB	(5k)
1A-6A JVB	(5k)
5A-6A VG	(5K)
5A-6A VB	(5K)

Rolling schedule after first start. Expect 20-25 minutes between each race.

- o You may run up to 10 runners on your Varsity.
- o JV teams are unlimited.
- o JH teams are limited to 15 runners per team.
- o JH programs with more than 15 per team can have another "B Team" or individual runners.

Please register by Tuesday, September 10th by going to the athletic.net link below if you already have an athletic.net account:

<https://www.athletic.net/CrossCountry/meet/157249/register>

RESULTS: The meet will be timed by Pro-Fit Race Timing.
All results will be posted to profitracetiming.com.

There will be a 1 mile fun run for elementary age children (K-6).
Tell your parents, if your runners have younger siblings. Top 10 receive a medal.
\$5 at the meet (NO EMAIL/ATHLETIC.NET REGISTRATION FOR THIS K-6 RACE, PLEASE).
Start time: 8:40AM

Contact for any questions about the meet:

Jason Taylor
McGregor High School
903 Bluebonnet Parkway
McGregor, TX 76657

254-913-9420 (Jason's Cell)
254-840-2489 (fax)

jtaylor@mcgregor-isd.org

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

Follow the 4 steps below to get started:

1. Sign up for a free coach account (if you do not have one)

- Go to the website: www.athletic.net
- Click on '[Log In](#)' in the upper right hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets/McGregor Invitational to your season calendar

- **Log In** to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add Meet**" above your calendar box
- Make sure the calendar is in the correct month of the meet you are looking for.
- Type "McGregor 8th Annual XC Invitational" in the search bar at the top right.
- Click on the calendar icon on the right of the meet name.
- Your teams calendar will pop up under the meet. Click on it to add the meet to your calendar.
- Repeat this process for the rest of your season calendar
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Open the options menu by clicking "**Manage Team**" in the top middle of your screen.
- Click "**Edit Roster**" from the list of links for your team.
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for McGregor Invitational

- Locate "McGregor 7th Annual XC Invitational" on your team's main Cross Country page and click on it
- Click "**Register Athletes**"
- Follow instructions on the meet registration page to enter your athletes into the appropriate division(s).
- Use the "Add an athlete" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.