

**"LIONS' PRIDE" CROSS COUNTRY INVITATIONAL**  
***Saturday, September 5, 2015***

Please find below information for the Lions Pride Invite on Sept. 5<sup>th</sup>. Deadline for entries on athletic.net is 10:35am on Sept. 3<sup>rd</sup>. Enter your roster, then register your athletes for the 5k race, you will not need to notify us of any changes. If you are expecting to add kids to roster after the deadline, create some dummy tags by adding a few generic names to your roster. That way we will not have to create tags the day of the meet. Our school has had several construction projects causing slight changes with the course and eliminating sections of the course. The course has been adjusted to get the maximum distance with the space we have and will be 3 laps for 5K. Please remind your athletes to go all the way thru the chute as we are starting to experience kids that dive out the side of the chute that are accustomed to chip scoring, we are still managing all the timing and scoring as a staff. Awards will be in the fieldhouse after the meet.

Best of luck with the start of your season,  
Michael Danner- Head Boys XC/Track Coach

**Location:** LYONS TOWNSHIP HIGH SCHOOL, South Campus  
4900 South Willow Springs Road  
Western Springs, IL 60558  
708-579-6393 (Athletic office)

<b>Teams:</b>	Lyons Township (B, G)	Nazareth (B,G)
	Brother Rice (B)	Riverside-Brookfield (B,G)
	Conant (B)	Maine South (B)
	Sandburg (B,G)	Downers Grove South (B)
	Stagg (B)	Lincolnway West (B,G)
	Marist (B, G)	Willowbrook(B,G)
	Lincolnway Central (B)	Valparaiso (G)
	Lincolnway East (G)	Mother McAuley (G)
	Glenbard South (G)	Lowell (B, G)

Time:	Races:	Entries:	Dist:	Plaques:
8:00	JV Girls	unlimited entry	5K	1 <sup>st</sup>
8:30	JV Boys	unlimited entry	5K	1 <sup>st</sup>
9:00	Varsity Girls	top 7	5K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
9:30	Varsity Boys	top 7	5K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
10:00	Frosh Girls	unlimited entry	3.4K	1 <sup>st</sup>
10:30	Frosh Boys	unlimited entry	3.4K	1 <sup>st</sup>
11:00	Soph Girls	unlimited entry	5K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
11:30	Soph Boys	unlimited entry	5K	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
12:00	<b>Awards (Fieldhouse)</b>		<b>top 25 finishers in each race</b>	

**Team and the top 10 individual results will be announced. Final results will be available after the meet.**

\*Please park buses in the South Lot.

\*Have Teams camp near the building ***off the course, off the field.***

There will be a concession stand with nutritional snacks and drinks.

**Invitational T-Shirts will be available for \$12.00.**

Entries Due Tue. **Sep. 3<sup>rd</sup> by 10:35AM.** Login to athletic.net and follow instructions below. Just enter all athletes by gender. You will not have to place them in a specific division, just the 5K cross country race. This will prevent the issue of coaches wanting to switch the day of the meet. Any questions email Michael Danner-Head Boys Coach at [mdanner@lths.net](mailto:mdanner@lths.net)

# Lions Pride Invitational (#107831)

## Online Entry Instructions

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

<b>Date</b>	9/5/2015	<b>Host</b>	LaGrange (Lyons)
<b>Location</b>	South Campus	<b>Director</b>	
	Western Springs, IL 60558	<b>Email</b>	
<b>First Race</b>		<b>Phone</b>	

**Athlete Registration will be locked on 9/3/2015 at 10:35 AM (local time)**

**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 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](http://www.athletic.net)
- Click on '[Sign up for a free coach account](#)' on the homepage
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

### 2. Add meets to your season calendar

- Login to Athletic.net using your email address and password
- Click on your team's name in the left navigation bar
- Click "**Add Meet**" above your calendar box
- Where it says "Meet ID:" enter **107831** and click **Add**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** again
- Repeat this process for the rest of your season calendar *(You can also add meets by date, if you don't know the Meet ID)*
- Verify that your calendar is correct. Use the Edit button next to meets to make corrections

### 3. Enter team roster

- Click "**Edit Athletes**" on the Coaches Toolbar, on your team's page
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

## 4. Register athletes for Lions Pride Invitational

- Locate **Lions Pride Invitational** on your team's main cross country page and click on it
- On the right under **Team Tools**, click **Register Athletes**.
- Click **Increment Divisions** to quickly register all your athletes in the first race division, or manually select the race division for each athlete
- Use the boxes on the bottom of the page to add additional athletes to your roster

You can use the meet registration feature of Athletic.net for all your meets. You can print out and fax the entries, or the host team can download them from the website, all for free.

