12th ANNUAL RATTLESNAKE RUN

Hosted by Guymon High School

DATE: Tuesday, September 27th, 2016

LOCATION: Guymon High School (West Side)   2002 North James Street

SCHEDULE: **Packets & Course maps available 3:45 p.m. @ check-in station**

Race	Time	Distance
HS & JH Coaches Mtg.	4:45 p.m.	----------------
JH Girls	5:00 p.m.	2 Miles
JH Boys	5:30 p.m.	2 Miles
Varsity/JV Girls	6:00 p.m.	2 Miles
Varsity/JV Boys	6:30 p.m.	5K

AWARDS: Medals - Top 20 (Varsity), Top 10 (JV), Top 20 (JH)
Plaques will be awarded to the 1st place teams (Varsity)
Plaques will be awarded to the 1st place teams (JH)

SCORING: All divisions will be unlimited runners but will score top 7 finishers. Please enter athletes on athletic.net   JV and Varsity runners will run together, but medaled different. Top 7 will score for each team.

FEES: $45 per Varsity/JV Team, If Var/JV or JH team is less than 5 runners $10 per indiv. $35 per Junior High Team, $1.00 per JV Runner if varsity team is entered.

ENTRY: Please do your entries on *athletic.net*   E-mail me if you have issues.

CONTACT: HS & JH   Andy Brown   GHS CC Coach
School: 580-338-4350
Cell: 580-817-0219
E-mail: andy.brown@guymontigers.com

PARKING: South Parking lot of High School. Restrooms available

EXTRA: There will be a concession stand & meet shirts for sale for $12.00

12th ANNUAL RATTLESNAKE RUN
Tuesday, September 27th, 2016

Please register athletes on athletic.net by September 25th.

Varsity Boys ($45.00)	Varsity Girls ($45.00)
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
Junior Varsity Boys ($1.00 Per Runner)	**Junior Varsity Girls ($1.00 Per Runner)**
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
Junior High Boys ($35.00)	**Junior High Girls ($35.00)**
1	1
2	2
3	3
4	4
5	5
6	6
7	7

RATTLESNAKE RUN

Course Records

JH Girls

Name	Team	Time	Year	Distance
Lariat Larner	Gruver	13:28	2011	2 Miles
Samantha Gonzalez	Stratford	13:30	2011	2 Miles
Amy McFarland	Hooker	13:33	2013	2 Miles
Amy McFarland	Hooker	13:34	2012	2 Miles
Autumn Mizer	Boise City	13:35	2010	2 Miles

JH Boys

Name	Team	Time	Year	Distance
Jose Amador	Hooker	11:31	2013	2 Miles
Derege Himbago	Guymon	11:40	2015	2 Miles
Eli Herrera	Guymon	11:42	2012	2 Miles
Eli Herrera	Guymon	11:46	2011	2 Miles
Levi Bowers	Guymon	11:55	2010	2 Miles

HS Girls

Name	Team	Time	Year	Distance
Destyni Lucero	Liberal	12:34	2012	2 Miles
Chelsea Jackson	Garden City	12:36	2011	2 Miles
Samantha Gonzalez	Stratford	12:39	2012	2 Miles
Alex Miller	Garden City	12:45	2011	2 Miles
Shelley Gibson	Gruver	12:53	2010	2 Miles

HS Boys

Name	Team	Time	Year	Distance
Angel Viveros	Liberal	17:10	2012	5K
David Perez	Hooker	17:11	2010	5K
Christian Arbuthnot	Goodwell	17:12	2015	5K
Fabian Mercado	Perryton	17:13	2011	5K
Fabian Mercado	Perryton	17:14	2010	5K

Fastest Team Average

Division	Team	Average	Year	Distance
Varsity Boys	Liberal	17:38	2012	5K
Varsity Girls	Garden City	13:01	2011	2 Miles
Junior High Boys	Guymon	12:21	2011	2 Miles
Junior High Girls	Gruver	14:37	2010	2 Miles

Guymon Rattlesnake Run (#117106)
Online Entry Instructions
This meet is using free online registration at Athletic.net!

Date	9/27/2016	**Host**	Guymon
Location	Guymon HS	**Director**	Andy Brown
	Guymon, OK 73942	**Email**	andy.brown@guymontigers.com
First Race	5:00 PM	**Phone**	580-817-0219

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 '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 **117106** 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 Guymon Rattlesnake Run

- Locate **Guymon Rattlesnake Run** 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