

# 16<sup>TH</sup> ANNUAL RATTLESNAKE RUN



## HOSTED BY GUYMON HIGH SCHOOL

**DATE:** Tuesday, September 15<sup>th</sup>, 2020

**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:** Custom Medals - Top 20 (Varsity), Top 10 (JV), Top 20 (JH)  
Plaques will be awarded to the 1<sup>st</sup> place teams (Varsity)  
Plaques will be awarded to the 1<sup>st</sup> 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 separately. (*JV runners will wear orange wristband*) Top 7 will be scored for varsity only. No JV team scores.

**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 meet entries on *athletic.net* E-mail me if you have issues. Entry deadline will be Monday, September at 14<sup>th</sup> 12:00PM

**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 \$15.00

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Tuesday, September 15<sup>th</sup>, 2020

Please register athletes on athletic.net by September 14<sup>th</sup> by 12:00PM

Please e-mail me a copy of your roster to [andy.brown@guymontigers.com](mailto:andy.brown@guymontigers.com)

<b>Varsity Boys (\$45.00)</b>	<b>Varsity Girls (\$45.00)</b>
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
<b>Junior Varsity Boys (\$1.00 Per Runner)</b>	<b>Junior Varsity Girls (\$1.00 Per Runner)</b>
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
<b>Junior High Boys (\$35.00)</b>	<b>Junior High Girls (\$35.00)</b>
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10

# RATTLESNAKE RUN COURSE RECORDS

## JH GIRLS

Name	Team	Time	Year	Distance
Brenna Butler	Spearman	13:03	2017	2 Miles*
Yeraldy Ruiz	Guymon	13:06	2017	2 Miles*
Frankie Martens	Hooker	13:24	2018	2 Miles*
Lariat Larner	Gruver	13:28	2011	2 Miles
Samantha Gonzalez	Stratford	13:30	2011	2 Miles

## JH BOYS

Name	Team	Time	Year	Distance
Dereje Himbago	Guymon	10:51	2016	2 Miles
Jose Garay	Texhoma	11:23	2018	2 Miles*
Jose Amador	Hooker	11:31	2013	2 Miles
Kaysen Stevens	Hooker	11:39	2018	2 Miles*
Dereje Himbago	Guymon	11:40	2015	2 Miles

## HS GIRLS

Name	Team	Time	Year	Distance
Zoe Weaver	Beaver	12:02	2018	2 Miles*
Karissa Glover	Goodwell	12:32	2018	2 Miles*
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

## HS BOYS

Name	Team	Time	Year	Distance
Dereje Himbago	Guymon	16:06	2017	5K*
Colten Brown	Boise City	17:00	2016	5K*
Javier Jaramillo	Guymon	17:04	2016	5K*
Angel Viveros	Liberal	17:10	2012	5K
David Perez	Hooker	17:11	2010	5K

## FASTEST TEAM AVERAGE

Division	Team	Average	Year	Distance
Varsity Boys	Guymon	17:30	2017	5K*
Varsity Girls	Garden City	13:01	2011	2 Miles
Junior High Boys	Eisenhower	12:16	2018	2 Miles*
Junior High Girls	Spearman	14:00	2018	2 Miles*

*\*New Course in 2016*

# Guymon HS 16th Annual Rattlesnake Run

## Online Entry Instructions (#172391)

<b>Date</b>	9/15/2020	<b>Host</b>	Guymon
<b>Location</b>	Guymon HS Guymon 73942	<b>Director</b>	Andy Brown
<b>First Race</b>	5:00PM	<b>Email</b>	<a href="mailto:andy.brown@guymontigers.com">andy.brown@guymontigers.com</a>
		<b>Phone</b>	580-817-0219

**Athlete Registration will be locked on 9/14/2020 at 12:00 PM (local time)**

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

**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 '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 to your season calendar

- **Log In** to Athletic.net
- Navigate to the Events page
- Start typing **Guymon Rattlesnake Run** into the Search Box
- Expand the meet card, and find the button to add this meet to your teams' calendar
- Repeat this process for the rest of your season calendar (*You can also find meets by date and location*)
- If a meet is not listed, you can add it to your calendar by clicking 'Add new Event' and following the wizard
- 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

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- 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
- 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.