RATTLESNAKE RUN

19TH ANNUAL RATTLESNAKE RUN

HOSTED BY GUYMON HIGH SCHOOL

DATE: Saturday, August 26th, 2023

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

SCHEDULE: **Packets & Course maps available 8:00 a.m. @ check-in station**

Race	Time	Distance
JH Girls	**9:00 a.m.**	**2 Miles**
JH Boys	**9:30 a.m.**	**2 Miles**
Varsity/JV Girls	**10:00 a.m.**	**2 Miles**
Varsity/JV Boys	**10:30 a.m.**	**5K**

AWARDS: Custom 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 separately. (*JV runners will wear orange wristband*) Top 7 will be scored for varsity only. No JV team scores will be given.

FEES: $55 per Varsity/JV Team, If Var/JV or JH team is less than 5 runners $10 per indiv. $45 per Junior High Team, JV HS Team runs free if varsity team is entered.
Please make checks payable to:
Guymon Cross Country | 801 N. Beaver St. | Guymon, OK 73942

ENTRY: Please do meet entries on *athletic.net* | Email *andy.brown@guymontigers.com* if you have issues. Entry deadline will be Thursday, August 24th 1:00PM
Please email to confirm and be added to the mailing list for results

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 on site & meet shirts for sale for $15.00

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Saturday, August 26th, 2023

Please register athletes on athletic.net by August 24th by 1:00PM

Please e-mail me a copy of your roster to andy.brown@guymontigers.com

Varsity Boys ($55.00)	Varsity Girls ($55.00)
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
Junior Varsity Boys (Free with Varsity Team entered)	**Junior Varsity Girls (Free with Varsity Team entered)**
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
Junior High Boys ($45.00)	**Junior High Girls ($45.00)**
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10

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RATTLESNAKE RUN

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COURSE RECORDS

JH GIRLS

Name	Team	Time	Year	Distance
Brenna Butler	Spearman	13:03	2017	2 Miles*
Anna Vyn	Dalhart Christian	13:06	2020	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

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

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RATTLESNAKE RUN

19th Annual Rattlesnake Run (#222738)

Date 8/26/2023   **Host** Guymon

Location Guymon High School   **Director** Andy Brown

2002 N. James Street, Guymon 73942   **Email** andy.brown@guymontigers.com

Phone 580-817-0219

Athlete Registration will be locked on 8/24/2023 at 1:00PM

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 to your season calendar

- **Log In** to Athletic.net
- Navigate to the Events page
- Start typing **19th Annual Rattlesnake Run** into the Search Box
- Expand the meet card, and find the button to add this meet to your team's 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 19th Annual Rattlesnake Run

- Locate **19th Annual 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.

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