

Cascade High School Athletics

Home of the Cadets

Scott Stevens, CAA - Athletic Director
Amanda Miles, LAT, ATC - Athletic Trainer
www.cascadesports.org



2021 Indiana Crossroads Conference Cross Country Hosted by Cascade High School

- Date:** Saturday, September 18, 2021
- Location:** Cascade High School
6565 S. County Road 200 W.
Clayton, IN 46118
*Please park in the parking lot behind the school
- Schedule:** 9:15am - Course Tour - Walk on Own
10:00am - Boys' Varsity Race
10:45am *approx - Girls' Varsity Race
- Admission:** \$5 per person, up to \$10 per car. Please have exact change
- Awards:** 1st Place Teams - Championship Trophy
1st-10th Place Individuals - Medals
Top 3 Teams - Ribbons
- Report of Teams:** Coaches are requested to check in with Alpha Timing immediately upon their arrival to pick up their team packet.
- Team Camps:** Camps can be set up on the high school grass soccer field behind the football stadium.
- Entry Info:** Entries will be done via www.athletic.net online entry.
*Please see instructions on page #2.
- Entry Deadline:** **Monday September 13th , 10:00am**
- Contact Info:** Scott Stevens, Athletic Director
317-539-9315 (office)
317-797-7032 (cell)
sstevens@mccsc.k12.in.us
- Nick Puckett, Head Coach
765-301-0245 (cell)
npuckett@mccsc.k12.in.us
- Michelle Nolley, Alpha Timing
michelle@alphatiming.net

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- Entry will be done via www.athletic.net Online Entry. Questions on program should be directed to them.
- If you are a new coach to a team, you will need to gain access to the team by emailing to support in athletic .net and ask to added, or you can ask the former coach to add your name. You can then create your own profile. Once this is complete, you can then delete the old coach's name.
- Meet info is posted @ www.alphatiming.net Event Info tab to view at any time.
- **Enter any athlete who has any potential to compete on meet day.** There are ample opportunities to check and re-check your entries for missing athletes, spelling, correct genders, etc. We are not concerned if they do not end up running once entered.
- Simply enter your roster for each gender, include grade levels for each and use their proper names and spellings not nicknames etc.
- No need to 'declare' your Varsity, all may run.
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- **Roster Entry deadline Monday at 10am on September 13th. After this time the meet locks and you cannot add or change.**
- **You can see your entry on the public meet page within athletic.net. Please do not email to ask us to check it for you. You can view it directly there.**

- So we may run a great meet for you and your athletes please adhere to the manner in which we ask for your information; enter your ENTIRE TEAM; and adhere to the deadlines we ask for. Please don't wait until the last moments to begin the registration process, you won't stress yourself out this way!
- Direct questions to: michelle@alphatiming.net please be VERY specific in your question. Re-reading instructions may also be helpful.
- Email is the best way to contact me. Phone calls are hard to return with all the meets we have going on. Please use email. Please keep in mind that we will return most emails/calls during normal business hours M –Th 10am-5pm, and F 10am-2pm. We try for same day but at times that is just not possible.
- Results will be posted to www.alphatiming.net and athletic.net.
- ***Be sure to allow my emails, emails from support@alphatiming.net and from athletic.net, back in to your server if using school accounts* Also, check your SPAM often during CC/Track seasons.**

Good Luck!

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