

# HAMLIN HIGH SCHOOL

## CROSS COUNTRY MEET

Hamlin High School would like to invite your teams to compete in our Cross Country Meet to be held Saturday, September 18.

Divisions and Distances	Start at 8:45 with a rolling schedule
Elementary Division	½ mile any elementary age child
High School boys	3 miles
Varsity girls	2 miles
JV girls	2 miles
Junior High boys	2 miles
7th grade girls	2 miles
8th grade girls	2 miles

Where: Hamlin Country Club FM 2142

Awards: Team trophy in each division and individual medals to top 15.

Entry Fee: \$60.00 per team (up to 7 runners) or \$8.00 for each individual.  
Maximum Entry per School \$200.00  
Please bring check or money with you.

Entries: For entries, please use the enclosed Cross Country Online Entries System Instructions sheet. We will be using Sydex Sports for our entries which must be done online. Please have these entries entered online by Wednesday, September 15. If you have questions or need further information, please call Kelly Jeffrey, 325-576-2261 ext. 2231 or email at [kjeffrey@hamlin.esc14.net](mailto:kjeffrey@hamlin.esc14.net).

We will be having a hamburger meal deal for your athletes if you are interested. The proceeds benefit the Lady Piper athletic program and we would appreciate your business. The cost is \$5.00 for a burger, chips, drink and baked good. Please email me at [kjeffrey@hamlin.esc14.net](mailto:kjeffrey@hamlin.esc14.net) by Wednesday, September 15 with the number of meals your team will be need. The Lady Pipers thank you!

## **Cross Country Online Entries System Instructions for Attending Coaches**

1. Go to our website (sydexsports.com), and click on "XCountry Online Meet Entries" [www.sydexsports.com](http://www.sydexsports.com).
2. The main page for Online Entries appears. Click "Roster Setup/Send Entries to a Meet".
3. The login screen appears. Type in your User Name and Password if you are a returning user. First-time users, click "Register as New User", fill in the fields, and click Proceed. The next screen asks for your team information. Fill in according to the on-screen directions.
4. On the Meet Selection screen, select your meet then click "Proceed to Add/Change Rosters...".
5. You are now successfully logged into the meet. Please review the meet information, taking note of any "Special Instructions" given by the meet host.
6. Enter your rosters with the "View/Edit Roster" buttons. Follow all instructions, making sure to enter athlete grade/class if your host requires it! (You will be shown on-screen if it is needed).
7. Once you've entered your roster, put athletes into events with the "Add Entries to Events" buttons. Follow all instructions, clicking "Next Event" as you work through the events. Click the "Confirm" button when you are finished.
8. After all the athletes are in events, you may view your work by returning to the previous screen and clicking "View a List of Your Entries".
9. To send the email of your entries to the host, click "Email your Entries to Host". You may send this email more than once, if necessary.