

5th ANNUAL
O'CONNOR HIGH SCHOOL / KEN DENSON INV
SATURDAY SEPTEMBER 20TH

Location: Between 29th Ave and 35th Ave just south of Happy Valley Rd The entrance is just past 29th ave on the south side before you go up and over the bridge if you are going West. The only entrance is off the north private rd.

Time: 7:00 am course walk

7:30 am coaches meeting

8:00 am Var Girls

8:40 am Var Boys

9:10 am jv Girls

9:45 am jv Boys

Awards will follow the last race.

Entries:

I will need your entries by Thursday September 18 th . The Entries will be done by www.aztrackxc.com

click on Calendar in the Navigation bar

click on 2008 Cross Country

Please see the information sheet for directions to enter. The varsity races will only have the top 7 from each school. The jv race is unlimited entries. The jv team score will consist of the first seven finishers from each team. You do not have to clarify your top 7 jv kids.

Entry Fee: \$175 for both teams \$85 for one. This includes your jv teams.

Awards: Varsity races Top 25 individuals Top 3 teams

JV races top 15 individuals and first place team

Directions: I-17 to Happy Valley Rd. exit west past 29th ave and turn left into the complex. This turn is before you go up and over the bridge.

The course has no electricity, shade or water. We will have jugs of water for the athletes and a concession stand.

T-shirts will also be available.

Please make checks payable to:

O'CONNOR CROSS COUNTRY BOOSTER CLUB

And send to:

O'Connor High School

c/o Brian Dempsey

25250 N.35TH AVE. GLENDALE , AZ 85083

If you have any questions, please contact me at 602-615-9803 or brian.dempsey@dvusd.org

Mile Split Online Entry Information

Step 1: Accessing your Miles Split team account

Each coach must have a Mile Split username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through Mile Split.

If you already have a Mile Split account for your XC Team and know your username and password:

1. Go to your state site
2. In the login box, enter your username and password and click Login. (Remember that your password is case sensitive)

If you do NOT have a username and password, proceed as follows:

1. Go to your state site
2. Click on the link "Register for an Account".
3. Follow onscreen instructions. You will be able to create a new TEAM account online or retrieve forgotten information for an existing account.

Note about Mile Split team accounts (Do This ASAP)

You will need to have team administration privileges. You will need to make sure and ask for administration privileges. If you are the only head coach for your school, you will control the privileges for both genders and you can do this from one account. If you have separate head coaches, both of you can be team administrators, but you'll see the entire rosters for both genders. Just know that both of you need to then only deal with your team. Follow the directions to be the team administrator and you will receive an email that approves you for this. Once you have received this email, go to step 2 for setting up your teams.

Step 2: Setting up your online roster

Before entering an athlete into a meet, you must add all athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the "Misc" tab and choose "Team List".
- 2) Next, "Scroll Down" and you will see all the schools in alphabetical order. Find your school and "click on it".
- 3) You should see a page with your school come up. Toward the upper left of the screen you will see the "Enter Admin Mode". The page that comes up is an info page about your school, fill in the info appropriately.
- 4) On the left, you will see the "ROSTER" option. Click on this, then click on "Add New Athlete" enter your athlete's Last Name, First Name, Gender and School Year then click "Add New Athlete".
- 5) You may add or edit athletes on your Team Roster at anytime from the roster page. To add athletes, just repeat the procedures from step 4. To edit just double click on the name of the athlete, make the necessary changes and then click on "Edit Athlete".
- 6) Coaches, please make sure your contact info is correct by checking the "Coaches" link on the left and filling out the appropriate info.

Step 3: Submitting online meet entries

Once your athletes are added to your roster, you must submit your entries.

- 1) Choose the "Calendar" Tab, click on the appropriate event (XC or Track)
- 2) Scroll Down and find the meet you are wanting to enter, click the "ONLINE ENTRY" button.
- 3) Click either "Enter Team" (most common) or "Enter Individual", whichever is appropriate.
- 4) If entering a Team, fill in the contact info, check the appropriate divisions and click "Enter Team". You will be able to edit your entries at any time the deadline for online entry.