Boyden-Hull High School

801 1st Street
Hull, IA 51239

Phone: 712-439-2440

cell: 712-441-5442

Tim Brunsting, Activity Director e-mail: tim.brunsting@boyden-hull.org

2026 Nighthawk
Cross Country Meet

Entries: **Tom Ahlberg from Worthington will be timing our meet. Questions should be directed to Tom if you have issues entering your runners. Instructions are at the end of the letter on how to enter your athletes. (tom.ahlberg10@gmail.com)**
*****Coaches, please provide safety pins for your runners. I know many have some already from prior meets so please have the athletes pass them down from race to race.**

Teams: BHRV, Akron-Westfield, Gehlen Catholic, Sergeant Bluff-Luton, Trinity Christian, Unity Christian, West Lyon, West Sioux, Western Christian, Woodbury Central

Date & Time: September 1, 2026 – 4:30 P.M.

Location: Rolling Hills Country Club, Hull

Time Schedule:

JH Girls & Boys	4:30 P.M.
JV Girls & Boys	4:55 P.M.
Varsity Girls	5:30 P.M.
Varsity Boys	6:00 P.M.

Please note - my plan is to run 4 races this year. JH combined race, followed by JV girls and boys combined race, and a Varsity girls and Varsity boys race. Times are approximate. Have your runners ready to go for each race. Lowell Appleton will be the starter for each race.

The first race will start on time. Others will follow as quickly as possible; races may start before previous race is finished.

Distance: JH: 2 miles
Girls: 5000 Meters / 3.1 miles
Boys: 5000 Meters / 3.1 miles

Divisions: Varsity Boys & Girls – Run seven and count five.
JV – No limit on runners- count 5.
JH Girls & Boys - unlimited

Labels: Please Do Not Use Safety-pins to attach the barcode labels. Also, write the competitor number on their hands as a backup in case they lose the tag. Also, if they do not have an Athletic account to email me a spreadsheet of their roster by Friday of this week.

Awards: Junior Varsity – 1st - 10th, Medals will be handed out as runners cross the finish line.
Varsity – 1st - 20th, Medals will be handed out as runners cross the finish line.

Entry Fee: **$125.00** - girls and boys team
$15.00 for Individuals comprising less than a team

General: The clubhouse **will no**t be open. Spot-A-Pots will be available to the south side of the clubhouse. Please remind your athletes to stay off the greens. Fan parking is identified on the attached map.

Bus Parking: **Bus parking is located on the north side of the parking lot. See attachment.**

Here are the instructions for the meet in September. Results should be available as soon as the each race is done at buffaloridgetiming.anet.live

BHRV Meet Online Entry Instructions (#258811)

Date	9/1/2026		**Host**	Buffalo Ridge Timing
Location	Rolling Hill CC		**Director**	
	Hull, IA 51239			
First Race	4:30 PM			

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

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

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
- 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 **BHRV Meet** 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.