

CROSS COUNTRY LINKS

[HTTP://KY.MILESPLIT.COM](http://ky.milesplit.com)

- One stop shop for Grade School and High School Cross Country
- Race calendar and results, race entries, team and individual stats, news articles, videos, pictures, message board, etc.
- Much of the info is free but there is a subscription fee to access all services.
 - To enter a team in the Meet of Champions (Elem / MS State Meet), you must join the KTCCCA. This membership gets you a subscription to Milesplit. So don't pay twice!
- **CSAA Meet will use this website for entries / results.**

[HTTP://WWW.HY-TEKLT.D.COM/DOWNLOADS.HTML](http://www.hy-tekltd.com/downloads.html)

- Click "Track and Field" and "Lite" to access free software
- A few races require this software but most have moved to an online service
- Instructions: ktccca.org (bottom of left column on home page)

[HTTP://WWW.COE.UKY.EDU/LISTS/KHSAALISTS.PHP](http://www.coe.uky.edu/lists/khsaalists.php)

- Kentucky Cross Country and Track Coaches LISTSERV
- Email distribution list with hundreds of Kentucky Track and Cross Country coaches, officials, meet directors, etc.
- Race announcements, race results, education, end of season awards, etc.