

St. Francis Cross Country Invitational

Thursday, September 12, 2019

Head coach: Becki Hanson

<u>Race schedule:</u>	3:30	Middle school boys and girls	2600 meters
	3:50	Girls JV	5000 meters
	4:25	Girls varsity	5000 meters
	4:55	Boys varsity	5000 meters
	5:25	Boys JV	5000 meters

TIMES ARE APPROXIMATE! We will try to run ahead of schedule if possible! **The middle school race is reserved for athletes in grades 7 and 8 only. You may run up to 9 athletes in the varsity races.**

Please email me your rosters by **Sunday, Sept. 8** in an excel spreadsheet with first name, last name, grade, gender and school each in their own cell.

Awards:

Awards: Medals through 10th place in JV/V races. Medals to 5th place in MS races.

Meet location: The location of the meet is at the Ponds Golf Course which is located approximately $\frac{3}{4}$ of a mile east of the High School. Parking is located on the north side of the road.

Buses and parking: Buses may drop athletes off on the south side, near the driving range, then need to go to the Legion to park. (Legion is just west of the Ponds). **NOTE:** Only one bus may drop off at a time due to space limitations. Please make sure you have your bus drivers phone number in case they need to be called back early.

There is limited parking available in The Ponds parking lot. **NO PARKING ALONG THE ROAD** (229th/Bridge Street in front of the golf course)! Attached is a map with street parking information. Please pass this information on to your spectators.

*****PLEASE USE THE TUNNEL TO GET TO THE MEET LOCATION WHICH IS ON THE SOUTH SIDE OF THE ROAD. The tunnel is located to the east of the clubhouse. There will be signs directing you to the tunnel from the parking lot. ATHLETES, SPECTATORS, AND COACHES ARE NOT TO CROSS THE ROAD AS IT IS BUSY. USE THE TUNNEL!!**

Please adhere to the following regarding the golf course:

- Leave the golf course in the condition in which you find it
- Do not go on the greens, tee boxes, sand traps or in the water
- Stay out of the clubhouse
- No pets on the course

If you have questions, contact Becki Hanson at 763-213-8567 (w) or 612-327-9286 (cell), or the high school athletic office at 763-213-1508.