



Norm Ayen Invite

Friday, September 6, 2019



Time: 4 p.m.

Teams: Cambridge-Isanti, Andover, Anoka, Blaine, Chisago Lakes, Duluth East, Forest Lake, Mora, Rogers, Sauk Rapids-Rice, Spring Lake Park/St. Anthony

Location: Isanti Middle School – 201 Centennial Drive, Isanti MN 55040

Directions: Take Hwy. 65 from the north or south to Isanti; at stoplight, go west on Co. Rd. 5. Isanti Middle School is 1.2 miles down on left side. Please drop your runners off at the school; parking will not be allowed in the school parking lot until 3:30 p.m. The Catholic Church lot will be available until then.

Entries: 9 varsity runners – 5 to score a team, Unlimited JV and MS – 5 to score a team.

Awards: Ribbons 1-20 for all races Junior High through JV, Varsity: Medals 1-10, ribbons 11-20 Championship **awards** for varsity, JV and middle school boys and girls teams.

Coaches: Backup scoring will be done by turning in athlete's names and places via envelopes to a scoring table. Please get these in asap. The **primary scoring** will be done by Jim Beecroft via computer. He will be using your roster registered on the MSHSL website. Double check your rosters. **If you do not have a middle school athlete registered through MSHSL website**, email these names to Josh Lowman at: jlowman@c-ischools.org. Complete results should be available immediately. Course maps will be available at the registration table and will be emailed out the week of the meet. **THERE WILL BE CONCESSIONS AT THE MEET!!!**

Trainer: A trainer will be on-site during the meet.

Race Order: 4 p.m. start, rolling

1. 7-8 Boys/C Race	* 3000 meters
2. 7-8 Girls/C Race	* 3000 meters
3. Boys Varsity	5000 meters
4. Girls Varsity	5000 meters
5. Boys JV	5000 meters
6. Girls JV	5000 meters

*approximate

C Race: Any runner, per coaches' opinion, that may benefit from a race and is not yet able/ready to finish the 5K in a timely fashion. This race will still be scored solely as a 7-8 race with them also receiving the awards. The results may be sent out the following day.

Meet Fee: **\$190 – no prorated fee for bringing just boys or girls team.** Fee may be brought the day of the race or mailed to: Activities Dept., Cambridge-Isanti High School, 430 NW 8th Avenue, Cambridge, MN 55008

Questions? Call Josh Lowman, head cross country coach at 763-691-3976.