

St. Paul Cross Country Conference Championship

Tues, October 16, 2018

Como Golf Course

RACE DAY SCHEDULE

3:00pm	Coaches Mtg at finish line
3:00pm	Volunteer Check-In at finish line
3:30pm	Boys Varsity 5K
4:10pm	Girls (JV and Varsity combined) 5K
4:50pm	Boys JV 5K
5:20pm (approx)	Awards

ENTRIES

- ❖ Rosters will be pulled from the MSHSL roster. If your varsity (top seven) is not designated on the MSHSL roster, you must email your chosen seven (boys and girls) NO LATER than 5:00 Sunday, October 15.
- ❖ **Alternates Process:** Sooner is better than later but you may substitute an alternate up to 15 minutes before the start of the race (3:15 for boys, 3:55 for girls). **You MUST do this with the timer near the finish line. You will be given a “varsity” tag for the alternate runner. They should not wear their “JV” tag.**
- ❖ All coaches should send their choice(s) for the Kevin M Ales Award to Don Bross (deadline October 2).

TIMING AND RESULTS

1. We will utilize single pin pull tags. Instruct your runners to NOT tear off the pull tag until instructed to do so at the end of the finish chute.
2. Please remind your runners that they must keep moving and stay in order through the chute. The order of finish is the order that they cross the finish line, not the narrow part of the chute. Your runners should be honest but also protect their place. Finish judges will help call the finish order and make changes in the chute if necessary.
3. If you have runners that are not racing, please have them report to the finish line as volunteers. We will use them to take the place of any runner that is not able to walk the chute. Tell your runners that drama at the finish line is not impressive.
4. Results will be posted on site and emailed to coaches in the evening after the event. Results will be available online at www.wayzataresults.com

Course

- ❖ See [COURSE MAP](#) in google maps. Click [HERE](#) for pdf of course map. Basically: start to bridge-little loop (south)-big loop (north)-little loop (south)-bridge to finish. Same course since 2016.
- ❖ Course is marked with cones, pennant flagging and signage.
 - Must run between cones when two cones and/or flagging create an alley
 - Never cross a cone line
- ❖ Miles 1 and 2 are marked on the course.
- ❖ Lead runners led by golf cart

Medical

A trainer will be available at the finish line.

Venue Notes and Instructions

- ❖ **IMPORTANT:** Please instruct your runners to use the portapotties by the parking lot or on the golf course, NOT IN THE CLUBHOUSE. It is OK for parents to use the clubhouse. This is a request from the golf course management who says, "We should not have to enforce this ourselves."
- ❖ Please inform runners and spectators to stay off greens and tees.
- ❖ Please inform spectators to be aware of course and not cross in front of runners
- ❖ Please no dogs
- ❖ Teams should come dressed to race. Dressings rooms and showers are not available.

Lane Assignments

1. Highland Park
2. Harding
3. Central
4. Washington
5. Humboldt
6. Johnson
7. Como

Games Committee: Como, Humboldt, Johnson

(Based on a 7-year rotation as laid out in conference guidelines)

Awards

1. JV (Boys and Girls): Top 15 recognized with ribbons at awards ceremony
2. Varsity (Boys and Girls): The top 15 runners will be recognized as All-Conference and receive medals. Only a team's final declared seven varsity runners will be eligible for All-Conference honors. Certificates will be provided to coaches at the post-season coaches meeting.
3. Kevin M Ales Memorial Award Presentation (Boys and Girls together, each coach announces their school's selection).
4. Team Championship Trophy (Boys, Girls)
5. All Conference Honorable Mention will be recognized per CC guidelines after the race (not at awards ceremony)

Volunteers

WE NEED VOLUNTEERS. If you have runners that are not racing, please have them report to the finish line at 3:00. Each St. Paul school is expected to provide one volunteer for every 15 runners on their roster (round up). [SIGN UP HERE](#)