

CENTRAL OPEN

AUGUST 24 • ST KATES

Race Information

**The 4k course option is no longer available. We are adjusting the 'B' race up to a 5k for both the boys and girls.

All of the races are open races. There is no need to declare varsity runners. The boys & girls 5k are limited to 25 athletes per school. All other athletes (if any) are welcome to race the boys & girls "B" 5k. You must have your athlete's on the MSHSL website by Wednesday, August 21. If they are not listed with the team on the site by that time, you may run them in the B race.

Scoring Format: Standard- Top-5 Score, Top-7 Count.

Meet Schedule

9:00 Coaches Meeting
9:30 Girls 5k - A Race (25 athlete maximum per school)
10:15 Boys 5k - A Race (20 athlete maximum per school)
10:45 Boys 5k - B Race
11:15 Girls 5k - B Race
12:00 Awards

Course

The course will be revised this year. Some of the wooded trails were eliminated after the new construction at St Kates. We will have a new course map posted as soon as possible. Please check back for a new course map. We will also email it out to coaches a week prior to the meet.