

ANOKA CROSS COUNTRY 2018

RUM RIVER INVITATIONAL

Date: Thursday 9.13.18

Start Time: 3:30PM

Location: Anoka High School. 3939 N 7th Ave, Anoka, MN 55303

Busses: Once your teams have been dropped off, busses will be directed to an area to park if they intend to stay.

Teams: Anoka, Burnsville, Champlin Park, Coon Rapids, Cretin Derham-Hall, Irondale, Minneapolis South, Minnetonka (girls), Mounds View, Osseo, Park Center, Park-Cottage Grove, Parnassus Preparatory School, Robbinsdale Armstrong, Robbinsdale Cooper, Spring Lake Park, St. Louis Park, St. Paul Como Park, St. Paul Highland Park, St. Paul Johnson, STMA, Totino Grace, White Bear Lake

**Varsity races will be limited to 10 runners per team.

Course: Course maps will be provided upon arrival.

Scoring/Results: Bob Schneider - H51 Software, LLC/Gopher State Events, LLC

Race Schedule:

3:30PM	Girls Junior Varsity	5000 Meters
4:00PM	Boys Junior Varsity	5000 Meters
4:30PM	Girls Varsity	5000 Meters
5:00PM	Boys Varsity	5000 Meters
5:30PM	"C" Race	3000 Meters

Awards:

Varsity	Medals to top 15
JV	Medals to top 15
MS	Ribbons to top 10

Awards will be handed out in the finish chute, no team awards.

If you have JV Runners who cannot complete a 5k in under 35 minutes they need to run in the "C" race so that we can keep to our time schedule to the best of our ability.

Please remind parents that there are no dogs allowed in the course area.

Please submit your entire team roster to: Bob Schneider H51 Software, LLC/Gopher State Events, LLC www.gopherstateevents.com

Thanks!

Contacts:

Sam Westerberg

Head CC Coach

sam.westerberg@ahschools.us

(763) 210-8798

Lance Wicks

Activities Director

lance.wicks@ahschools.us

(763) 506-6223

Sonia Six

Activities Secretary

sonia.six@ahschools.us

(763) 506-6380