

# St. Paul Cross Country Conference 2-Mile

Friday, September 6, 2019

Battle Creek (East) Water Park

## RACE DAY SCHEDULE

4:00pm	Coaches Mtg at finish line
4:00pm	Volunteer Check-In at finish line
4:30pm	Boys 2-mile
5:15pm	Girls 2-mile

## Course

- See [COURSE MAP](#) in google maps. Click [HERE](#) for pdf of course map.
- Course will be 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 is marked on the course.
- There are yellow markings from another event. They do NOT pertain to our event. Please ignore them.

## Medical

A trainer will be available near the finish line or in the pavilion.

## Venue Notes and Instructions

- Please inform spectators to be aware of course and not cross in front of runners
- Teams should come dressed to race. Dressing rooms and showers are not available.
- The pavilion has bathrooms. There is also a portapottie near the parking lot.

## Lane Assignments

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

**Games Committee:** Central, Washington, Harding

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

## Awards

1. JV (Boys and Girls): Top 10 recognized at awards ceremony

2. Varsity (Boys and Girls): Top 10 recognized at awards ceremony.

**Volunteers**

WE NEED VOLUNTEERS. If you have runners that are not racing, please have them arrive at 3:45 and report to the finish line no later than 4:00. Please also encourage parents to volunteer. [SIGN UP HERE](#)