

Milaca Early Bird Cross Country Invitational



Monday, August 29th, 2022

4:00 pm start time

Located at the Milaca Stones Throw Golf Course, one mile north of Milaca on Central Avenue. [Address:](#) 15679 Central Ave, Milaca, MN 56353

4:00	7th and 8th boys	Ribbons to 30 Places	1800 M
4:15	7th and 8th girls	Ribbons to 30 Places	1800 M
4:30	JV Boys	Ribbons 1 -15	5000 M
4:50	JV girls	Ribbons 1-15	5000 M
5:15	Varsity Boys	Medals 1 - 15	5000 M
5:35	Varsity Girls	Medals 1-15	5000 M

5:55 Awards for Varsity Runners only. All other races will have awards given when exiting the chute.

You must enter your runners with Gopher State Events by Sunday, August 28th at 4:00 PM. You will be contacted with the process for doing this approximately one week prior to that by bob.schneider@gopherstateevents.com. I will also be sending Bob the list of schools invited and coaches and AD contact information.

Please follow the process he indicates to avoid race day issues. Race results will be uploaded to www.gopherstateevents.com as the meet progresses and coaches will receive emails every time a set of race results are online.

Please discuss golf course etiquette with your athletes the day before the meet. (i.e., stay off greens and sand traps etc). Runners should inform their parents also of these rules.

Entry fee: \$100.00
Please send check to:
Milaca High School
Attn: Paul Arens, AD
500 Highway 23 West
Milaca, MN 56353

Any questions, contact Paul Arens @ (320) 982-7331 or paul.arensmilaca.k12.mn.us

Reminder, 4:00 pm start time.