

ROCK RIDGE INVITATIONAL

Dear Coach,

You and your team are invited to the 1st Annual Rock Ridge Invite at the Virginia Golf Course at the end of August!

Wednesday, August 31, 2022

Virginia Golf Course

Meet Schedule:

Course Preview and Warm Up	9:00 AM
Coaches Meeting	9:30 AM
National Anthem	9:45 AM
Jr. High Girls 3200M Race	10:00 AM
Jr. High Boys 3200M Race	10:25 AM
JV & Varsity Girls 5000M Race	10:50 AM
JV & Varsity Boys 5000M Race	11:30 AM
Awards Ceremony	Following Final Race Completion

Teams Invited: Hibbing, Chisholm, GNK, Ely, Proctor, MI-B, Grand Rapids, Hermantown, Esko, North Shore, Mesabi East, South Ridge, Duluth East, Superior, Bemidji, Duluth Denfeld, North Branch, Pine City, Mora, Cloquet, Deer River, Hill City, Crosby-Ironton, Cromwell, International Falls, Lakeview Christian Academy, Duluth Marshall, McGregor, Moose Lake-Willow River, Wrenshall, Plainview-Elgin-Millville (PEM), Jordan and Chisago Lakes

Entry Fee: \$125.00. Please make checks payable to **Rock Ridge Public Schools ISD 2909.**

Entry fees may be sent ahead or paid on race day. You may send checks to:

Rock Ridge Public Schools – ATTN Josh Lamppa, 411 S. 5th Avenue, Virginia, MN 55792

Timing will be done by Gopher State Events. You'll receive an email from Bob Schneider at GSE inviting coaches to enter athletes for the meet using his system.

Awards:

Medals to the top 7 on the Varsity (Boys and Girls)

Ribbons to top 8-15 on the Varsity (Boys and Girls)

Junior High: Ribbons to top 15 Girls and top 15 Boys

Concessions will be available at the meet, provided by Rock Ridge Cross Country Booster Club.

If you have any questions, please feel free to call or e-mail.

Sincerely,

Chris Ismil

Head Coach

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