

Caty Delwiche Invitational

Thursday, September 21, 2023

GFW, GSL, Holy Family Catholic, Hutchinson, Le Sueur-Henderson, Lester Prairie, Litchfield, MVL, New Century Academy, NYA, St. James, Sibley East, Springfield, St. Peter and Watertown-Mayer

Site: Glencoe-Silver Lake High School

Registration: <https://www.athletic.net/Help/CrossCountry.aspx?Meet=215564>

We are running the varsity and JV together but you must designate your varsity and JV runners.
Due at 12:00 on Wednesday.

Timeline:	3:15 pm	Coaches meeting at 50 yard line
	3:45 pm	Kids Race
	4:00 pm	Junior High Boys (3200)
	4:05 pm	Junior High Girls (3200)
	4:40 pm	Varsity/JV Girls (5000)
	5:20 pm	Varsity/JV Boys (5000)
	6:00 pm	Awards

Competitors: Varsity and JV race will compete together. Unlimited JH.

Results: Herostiming.com

Awards: Varsity/JV top 20 medals overall (no specific JV awards)
JH ribbons 1-20

Course Map: The [course map](#) is included.

Items of Note:

- Spectators will not be allowed inside the track fence. Spectators may watch from bleachers or on the course.

Questions: Coach Josh Metcalf: jmetcalf@gsl.k12.mn.us