Heart O' Lakes Conference Cross Country Meet Tuesday, October 17th, 2023 (Pelican Rapids)

<u>Location:</u> Birchwood Golf Course, 1 mile North of Pelican Rapids on Hwy 9.

Registration, Timing and Scoring: Gopher State Events (GSE) has been hired to handle meet registration, timing and scoring. As per the request of GSE, approximately two weeks prior to the Heart O'Lakes Conference meet please send an email to

<u>bob.schneider@gopherstateevents.com</u> simply stating your school's name and the gender(s) that you coach. This will ensure that your team has been programmed in the system and GSE has your correct email address on file. Shortly thereafter, you will receive an email from GSE with specific instructions detailing registration procedures.

Meet Schedule:

3:45	Coaches meeting at finish line area	
4:00	Elementary Run	1 mile
4:30	Junior High Girls and Boys (7 th /8 th grade)	3200 meters
4:55	Varsity Girls/JV Girls	5000 meters
5:30	Varsity Boys/JV Boys	5000 meters
6:00	Awards Ceremony	

Awards: Varsity – Team Champions: HOL Championship Trophy

Individuals (All-Conference) – Top 15 places

Junior Varsity – Individuals: Recognize top 10 Junior High - Individuals: Recognize top 10

Entry Fee: The entry fee for the event is \$200.00. Checks made payable to Pelican Rapids High School (ISD 548).

Please mail prior to the meet to the following address:

Pelican Rapids High School

Attn: Derrick Nelson, A.D

PO Box 642

Pelican Rapids, MN 56572

<u>Participating Teams:</u> Barnesville, Breckenridge, Dilworth-Glyndon-Felton, Frazee, Hawley, Lake Park-Audubon, Pelican Rapids, Perham.

<u>Team Envelopes and Lane Assignments</u>: Upon your arrival, please register at the scorer's table to obtain your packet and last-minute instructions. Lane assignments will be available in your meet packet and bibs/chips for registered runners will be placed in your team envelope.

Results: Results will be posted on https://gsetiming.com/

Team and individual results will be announced at the awards ceremony at the conclusion of the meet.

<u>Course Flags and Markers</u>: The 5000-meter and 3200-meter courses will be marked with white paint throughout. 1-mile and 2-mile markers will be readily visible on the 5000-meter course. The standard flag system per the cross country rule book will also be in place. (Red: left turn; Yellow: right turn). However, orange cones will be used to indicate straight or no turn.

If you have any questions, please feel free to contact me.

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