

SECTION 5A CROSS COUNTRY MEET

Thursday, October 26, 2023

Grand National Golf Course, Hinckley

To: Athletic Directors & Cross Country Coaches

From: Mandy Hartl and Tom Linden

Re: Section 5A CC Meet

COMPETING TEAMS:

Braham, East Central, Northwest Nighthawks, Hinckley-Finlayson, Holdingford, Howard Lake-Waverly-Winsted, Kaleidoscope Charter School, PACT/Legacy, Litchfield, Maple Lake, Maranatha Christian Academy, North Lakes Academy, Mille Lacs (girls only), Parnassus Preparatory School, Paynesville/Belgrade-Brooten-Elrosa, Pierz, Pine City, Royalton, Rush City, St. Cloud Cathedral, St. Cloud Christian, St. John's Prep

REMINDER: The Region fee for Cross Country is \$50.00 per team or \$100.00 if a school has both a boys and girls team, It is \$10.00 per individual. Either bring your school's check to the meet or mail it to John Vraa, Region 5A Executive Secretary, 7155 164th Ave NE, New London, MN 56273.

Schedule: Coach's meeting- 3:15 (near finish chute) Following State Meet order:

*Girls race- 4:00

*Boys race- 4:45

Awards program- 5:30

*Teams must report to the starting line 20 minutes before their starting time.

The top 2 teams and top 6 individuals, not from a qualifying team, qualify for the State Meet.

- AWARDS: 1st and 2nd place team trophies
Team medals (9) to 1st and 2nd place (State qualifying) teams
Medals to the top 6 individuals and individual State qualifiers

TEAM REGISTRATION INFORMATION:

-Gopher State Events will be timing. You will receive an email inviting you to the Section 5A Meet and to enter your line-up on <https://gsetiming.com/default.asp>

-Deadline for online registration is Tuesday, October 24 @ 7:00pm.

MISC. INFO:

- There will be porta-potties near the clubhouse.
- Uniform rules will be enforced. Each coach will need to turn in the enclosed Verification Form at the coach's meeting. We will have workers check in with teams at the start line regarding uniforms. The purpose of these checks is to remind teams of the uniforms rules, not to correct uniforms. It is up to the coach to ensure your team complies with the rules.
- All athletes will be assigned a competitor's number, which will be worn on the front of their racing singlet.
- The course will be the same as it was for the earlier meet in Hinckley. You will find a map of the course as an attachment to this email.
- \$15 Long Sleeve SECTION 5A CROSS COUNTRY CHAMPIONSHIP T-shirts will be sold near the clubhouse.
- Lane assignments can be found on the following page.
- Please remind your athletes to stay off greens and to pick up team areas after the meet.
- Meet results will be available through Gopher State Events

Lane Assignments:

1. Paynesville
2. Braham
3. East Central
4. Hinckley-Finlayson
5. St. John's Prep
6. Royalton
7. Northwest Nighthawks
8. Parnassus
9. St. Cloud Christian
10. PACT/Legacy
11. Rush City
12. Maple Lake
13. Litchfield
14. Mille Lacs
15. North Lakes
16. Kaleidoscope
17. Howard Lake
18. St. Cloud Cathedral
19. Maranatha
20. Holdingford
21. Pierz
22. Pine City



Start

Loop here to begin lap 2

Finish

5k 1 Mile

5k 2 Mile

Distance ?

5,002.42 m