



***ANOKA CROSS COUNTRY 2023
STEVE HOAG INVITATIONAL***

Date: Thursday, 9.7.23

Start Time: 3:30PM

Location: Anoka High School Cross Country Course

Teams: Andover, Anoka, Avail Academy, Forest Lake, Irondale, Minneapolis South, Minnetonka, Mounds View, Park Center, Parnassus, Robbinsdale Cooper, Spring Lake Park, St. Agnes, St. Louis Park, St. Paul Academy, STMA, Totino Grace

Scoring/Results: Bob Schneider H51 Software, LLC/Gopher State Events, LLC

MSHSL Starter: The one and only Tom Fischer

Coaches Meeting: 3:00PM - Finish line area

Race Schedule:

3:30PM Girls Junior Varsity (unlimited)	5000 Meters
4:15PM Boys Junior Varsity (unlimited)	5000 Meters
5:00PM Girls Varsity (10 athletes)	5000 Meters
5:45PM Boys Varsity (10 athletes)	5000 Meters
6:15PM MS Race (combined/unlimited)	3000 Meters

Awards:

Varsity	Medals to top 20
JV	Medals to top 20
MS/C	Ribbons to top 15
Team V Champions	Plaque

- Lane assignments given at coaches meeting.
- Team camps should be set up in the field just Northwest of the course (directly West of the tennis courts). NO camps on the course.
- Awards will be handed out in the finish chute. Plaques will be given this year to team champions in the Varsity race (still no ceremony but teams deserve the hardware).
- The JV races are usually PACKED. It's a small start line that funnels quickly. Remind each other to have fun and be safe.
- **The MS/C race (3000m) is open to all competitors in grades 7-12. Please use this race for any new runners who may need some more experience or may not be able to complete a 5K in within the time schedule for races.**
- Please use discretion when entering athletes who may not be able to complete a 5K in under 35 minutes as we will try our best to stick to our time schedule.
- Remind parents that there are no dogs allowed in the course area.

**Please submit your entire team roster to: Bob Schneider H51 Software,
LLC/Gopher State Events, LLC www.gopherstateevents.com**

Please send your entry fees if you haven't done so already.

Thanks!

Contacts:

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