

FR. OTTO WEBER CROSS-COUNTRY INVITATIONAL
"Johnnie Bread Invite"



SAINT JOHN'S PREPARATORY SCHOOL

Date: September 28, 2023

MEET INFORMATION:

Location: Radio Tower Field on the Saint John's Campus

Coaches Meeting: 4:00pm –Finishing Chute

Electronic Timing:

Coaches-- need to accept the Gopher State Events invitation for the meet and enter their athletes into the various races in the meet link. <https://gsetiming.com/>

PLEASE NOTE THE CHANGE FROM LAST YEAR!(going back to JV and V together)

Starting Times

4:00 p.m. Coaches Meeting
4:15 p.m. Varsity Boys/JV Boys 5000m (a little longer)
4:50 p.m. Varsity Girls/JV Girls 5000m (a little longer)
5:25pm Junior High Boys and Girls (6th, 7th, and 8th) 3200m (a little longer)
5:45 pm Awards

Times are estimated, we will try to run each race as soon as possible.
Please bring Safety Pins for Numbers for all your athletes. We will have a few on hand in case you run short.

NOTE: Please be aware that this course is a very fun but challenging course. Remind your athletes that there are natural hazards throughout the course and to watch out for rocks, roots, and ruts. We will try to indicate the most hazardous of areas, but we would recommend a conversation about running spikes vs. running shoes.

For the sake of time, we will run the JV's and Varsity for Boys and Girls together, we automatically score the top seven in each group for Varsity. This will allow greater flexibility for our coaches as some of us have used this method to help determine Conference Lineups and other decisions.

Entry fee: \$125.00 Send Check to Saint John's Prep Cross Country; 2280 Watertower Road, PO Box 4000; Collegetown, MN 56321

Awards

"Johnnie Bread" Awarded to:
Top 10 boys varsity
Top 10 girls varsity
Top 10 boys JV
Top 10 girls JV
Top 5 boys junior high
Top 5 girls junior high

Participating Schools/Lane Assignments

1. Hinckley/Finlayson
2. Hutchinson
3. Legacy Christian
4. Maple Lake
5. North Lakes (LILA)
6. Osakis
7. Parkers Prairie
8. Royalton
9. Rush City
10. Saint Cloud Christian School
11. Watertown-Mayer
12. Wadena-Deer Creek
13. Saint John's Prep

Meet Managers:

Lance Nydeen lnydeen@sjprep.net

- Packets will be available to teams for pick up at the scoring Tent.
- A Trainer will be on hand to assist with any injuries or emergencies.
- Maps of the course will be available the day of the race.
- There may be a small concession stand. – A limited amount of **Johnnie Bread will be for Sale**
- The mosquitoes can be a challenge, so be prepared with spray.