



TO: Cross Country Coaches and Activities Director
FROM: Ben Kvidt - Meet Manager
DATE: September 25, 2023
RE: 50th Annual Lions Cross Country Invitational "Meet of Champions"

We are again extremely pleased that you have given us a commitment to participate in the 50th Annual Lions Cross Country Invitational "Meet of Champions" scheduled for Saturday, October 7, 2023 sponsored by the Alexandria Lions Club. Every attempt is being made to ensure the success of this meet for you and your runners.

TEAMS ATTENDING

Alexandria	Albany	Becker
Buffalo	Chanhassen	Chaska
Detroit Lakes	Edina	Fergus Falls
Highland Park	Marshall	Monticello
Mounds View	Northfield	Pequot Lakes
Perham	Rocori	Roseville
Sartell	Sioux Falls Washington	St. Cloud Cathedral
Staples - Motley	Stillwater	St. Thomas Academy
Thief River Falls	White Bear Lake Area	Willmar
Windom	East Grand Forks	

COURSE

The meet will again be run at Arrowwood Resort and Golf Course which is located approximately three miles north of Alexandria on Lake Darling. We ask that all runners stay out of the lodge unless their team is specifically staying there. The men's and women's varsity and junior varsity races will cover a 5,000-meter course, and the junior high girls and boys will compete at 3,200 meters. The option for coaches to put their 9th graders in the 3200 is permitted. 6th graders must run in the 6th grade race.

Just a reminder the starting line is at the top of the course. We will continue to have the finish down by the lake. Maps will be in your packet the day of the race. Camps will not be permitted on the golf course. The area around the tennis courts, starting line, woods or the finish area are the designated campsites.

TIME SCHEDULE

9:45 a.m. Meeting of all workers
 10:00 a.m. Coaches meeting in hospitality tent
 10:10 a.m. 6th Grade race (boys and girls)
 10:30 a.m. Girls' Junior High race
 10:50 a.m. Boys' Junior High race
 11:15 a.m. Girls' Junior Varsity race
 11:55 a.m. Boys' Junior Varsity race
 12:30 p.m. Girls' Varsity race
 1:05 p.m. Boys' Varsity race
 1:35 p.m. Awards Program

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ENTRY FEE

The entry fee is \$200.00 per school. (\$100.00 per gender) Please make checks payable to Alexandria Public Schools.

AWARDS

Teams: A traveling plaque will be awarded to each team champion. In addition, team medals to the first, second and third place team members of the varsity divisions will be awarded. The following teams need to bring the team traveling plaque back the day of the race: **THESE ARE THE 2022 CHAMPIONS**

Alexandria– Girls Junior High

Mounds View- Boys Junior High

Highland Park –Girls JV

Edina –Boys JV

Highland Park -Girls Varsity

Stillwater – Boys Varsity

Individual: Individual trophies will be awarded to the top fifteen runners in each of the varsity divisions again this year. Individual trophies will be awarded to the top ten runners in each of the junior varsity and junior high divisions.

*Results will be available after the conclusion of the races at

http://www.gopherstateevents.com/results/cc_rslts/cc_rslts.asp?sport=cc

** Please note that you must have a full varsity team in order to receive junior varsity awards.

HOTEL ACCOMMODATIONS

Arrowwood Resort: Arrangements for Arrowwood (has an indoor water park) can be made directly to (320) 762–1124.

Other hotel and motel accommodations can be found at the Alexandria Hotel & Hospitality website:

www.ExploreAlex.com

BUS PARKING

Please park all team busses, cars and vans in the first tarred parking lot – located to the right of the indoor tennis and convention center.

COACHES

Our meet is being timed by Gopher State Events (www.gopherstateevents.com). If you haven't already heard from Bob at Gopher State, please send an email to bob.schneider@gopherstateevents.com with your school name and the gender(s) that you coach as soon as possible to ensure that your team is in the system and they have your correct email address on file. They will send complete instructions to all coaches before the meet."

Spectator Parking and Shuttle Busses

Spectator parking and shuttle bus pick up will be at the Runestone Community Center located at 802 3rd Ave W. Alexandria, MN 56308. **THERE WILL BE NO SPECTATOR PARKING AT ARROWWOOD.** All spectators will have to ride the shuttle buses unless they have a room reserved at Arrowwood. Shuttle buses will run from 8:30AM-3:00PM.

Soles for Souls

Have old, unwanted shoes? We will have a trailer on site to collect old and unwanted shoes for charity. Feel free to encourage your athletes to deposit any unwanted shoes in the trailer on site.

Wishing you a very successful season,

Ben Kvidt
Meet Manager

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