

2023 STMA Invitational Cross Country Meet

Tuesday, October 3rd at St. Michael Rec. Center

Teams attending: Andover, Armstrong (B), Big Lake, Champlin Park, Eden Prairie, Forest Lake, Maple Grove, Minnetonka (G), Monticello, Parnassus, Robbinsdale Cooper, Rogers, Wayzata, STMA

Schedule:

3:15	7th/8th Grade Girls (3000 m)	Ribbons 1-25	<i>All awards can be picked up at the awards table located under the pavilion</i>
3:35	7th/8th Grade Boys (3000 m)	Ribbons 1-25	
4:00	JV Girls (5000 m)	Ribbons 1-25	
4:35	JV Boys (5000 m)	Ribbons 1-25	
5:05	Varsity Girls (5000 m)	Ribbons 1-25, Shirts 1-15	
5:35	Varsity Boys (5000 m)	Ribbons 1-25, Shirts 1-15	

Location:

[St. Michael Rec. Center](#)
3150 Lander Ave. NE
St. Michael MN 55376

Varsity Lineups: Varsity races will be allowed a maximum of **10 runners**. JV and middle school races are unlimited.

Entry Fee: **\$300.00 (\$150 per gender)** per school to:

Keith Cornell (Activities Director)
St. Michael-Albertville High School
5800 Jamison Ave. NE
St. Michael, MN 55376

A team that wants to be in the meet, but not run a varsity team, may enter runners in the non-varsity races for \$20.00 entry fee per non-varsity race.

Timing: Chip timing will be through www.gopherstateevents.com

Parking: Busses will be directed to drop off near the starting line/team camps but will park at the lower rec (youth soccer fields during the meet).

Contact: Matt Venaas-STMA Girls CC coach (715-497-8319-cell)
matthewv@mystma.org

Chase Cayo-STMA Boys CC coach (612-285-1515-cell)
chaseca@mystma.org

5k Course Map-SUBJECT TO CHANGE DUE TO CONSTRUCTION BY THE FINISH



Middle School Course (3000 m) → One loop of the 5k course then to the finish.

Box Assignments: