

15. Chaska
16. Blaine
17. White Bear Lake
18. Hastings
19. DeLaSalle
20. Spring Lake Park
21. South St. Paul
22. Eagle Ridge Academy
23. TC German Immersion
24. Mounds View (Boys only)
25. Northfield (Girls only)
26. Eastview (Girls only)
27. Wayzata (Girls only)
28. Agape Christi (Middle School only)
29. St. Paul Academy (Middle School only)

Tentative race schedule:

6:20pm: Elementary- 'Fun Run' race- open to all 1st-5th graders (race distance still TBD). This will not be timed for non-Eden Prairie student-athletes, there is no registration required. Just show up on the line!

6:40pm: Middle School Girls- Unlimited entries/school (3k)

7:00pm: Middle School Boys- Unlimited entries/school (3k)

7:20pm: JV Girls- Unlimited entries/school (5k race)

7:50pm: JV Boys Red- Unlimited entries/school (5k race)

8:20pm: JV Boys Black- Top 10 JV Boys entries/school (5k race)

8:50pm: Varsity Girls- 10 entries/school (5k race)

9:20pm: Varsity Boys- 10 entries/school (5k race)



59th Annual Metro Invitational Cross Country Meet

Hosted by Eden Prairie High School and TC Running

Saturday, September 14th, 2024

Flying Cloud Fields - 15219 Pioneer Trail

Eden Prairie, MN 55347

Metro Invitational- Under the Lights! We are looking forward to having you join us for a fast and fun atmosphere, competing under the lights at Flying Cloud Fields in Eden Prairie.

Day of information:

- Gopher State Events will be timing the meet. Results can be found at <https://gsetiming.com/>
- Please come prepared with your own water and ice! There is no water access on site.
- Trainers will be on site, located near the finish line.
- There will be food trucks available during the meet (Red's Savoy, Chick-Fil-A, Taco Way, and Maui Wowi Smoothies) Eden Prairie Cross Country will also be selling water and Gatorade. Please let your families/spectators know that they can come hungry and grab dinner while they are watching the races!
- To add to the fast and fun atmosphere, we will have music playing all night!
- *****Team tents CANNOT be staked into the grass on the fields!*****
- *****Please communicate to your families- there are no dogs allowed at the race course!*****

Confirmed teams for 2024:

1. EP
2. Maple Grove
3. Champlin Park
4. Roseville
5. Highland Park
6. Chanhassen
7. Armstrong
8. Cretin-Derham Hall
9. Orono
10. Hopkins
11. Minneapolis Southwest
12. St. Louis Park
13. Willmar
14. St. Paul Central