

# Milaca Early Bird Cross Country Invitational



Monday, August 26th, 2024  
4:00 pm start time

Located at the Milaca Stones Throw Golf Course, one mile north of Milaca on Central Avenue. [Address](#): 15679 Central Ave, Milaca, MN 56353. Start and finish are located across the street from the public works building not by the clubhouse.

<b>4:00</b>	<b>7th and 8th boys</b>	<b>Ribbons to 10 Places</b>	<b>1900 M</b>
<b>4:15</b>	<b>7th and 8th girls</b>	<b>Ribbons to 10 Places</b>	<b>1900 M</b>
<b>4:30</b>	<b>JV Boys</b>	<b>Ribbons 1 -10</b>	<b>5000 M</b>
<b>4:50</b>	<b>JV girls</b>	<b>Ribbons 1-10</b>	<b>5000 M</b>
<b>5:15</b>	<b>Varsity Boys</b>	<b>Medals 1 - 10</b>	<b>5000 M</b>
<b>5:35</b>	<b>Varsity Girls</b>	<b>Medals 1-10</b>	<b>5000 M</b>

5:55 Awards for Varsity Runners only. Plaque to winning varsity team. All other races will have awards given when exiting the chute.

**You must enter your runners with Gopher State Events by Sunday, August 25th at 7:00 am.** You will be contacted with the process for doing this approximately one week prior to that by [bob.schneider@gopherstateevents.com](mailto:bob.schneider@gopherstateevents.com). I will also be sending Bob the list of schools invited and coaches and AD contact information.

Please follow the process he indicates to avoid race day issues. Race results will be uploaded to [www.gopherstateevents.com](http://www.gopherstateevents.com) as the meet progresses and coaches will receive emails every time a set of race results are online.

**Please discuss golf course etiquette with your athletes the day before the meet. (i.e., stay off greens and sand traps etc). Runners should inform their parents also of these rules.**

Entry fee: \$150.00 or \$75 if just a girls or boys team  
Please send check to:  
Milaca High School  
Attn: Paul Arens, AD  
500 Highway 23 West  
Milaca, MN 56353

Any questions, contact Paul Arens @ (320) 982-7331 or [paul.arensmilaca.k12.mn.us](mailto:paul.arensmilaca.k12.mn.us)

**Reminder, 4:00 pm start time.**