



***ANOKA CROSS COUNTRY 2024
STEVE HOAG INVITATIONAL***

Date: Thursday, 9.5.24

Start Time: 3:30PM

Location: Anoka High School Cross Country Course

Teams: Andover, Anoka, Avail Academy, Centennial, Forest Lake, Irondale, Minneapolis South, Minnetonka, Mounds View, Park Center, Parnassus, Prior Lake (girls) Robbinsdale Cooper, Spring Lake Park, St. Agnes, St. Louis Park, St. Paul Academy, STMA, Totino Grace

Scoring/Results: Bob Schneider H51 Software, LLC/Gopher State Events, LLC

MSHSL Starter: The one and only Tom Fischer

Coaches Meeting: 3:00PM - Finish line area

Race Schedule:

| | |
|---|-------------|
| 3:30PM Girls Junior Varsity (unlimited) | 5000 Meters |
| 4:15PM Boys Junior Varsity (unlimited) | 5000 Meters |
| 5:00PM Girls Varsity (10 athletes) | 5000 Meters |
| 5:45PM Boys Varsity (10 athletes) | 5000 Meters |
| 6:15PM MS Race (combined/unlimited) | 3000 Meters |

Awards:

| | |
|------------------|-------------------|
| Varsity | Medals to top 20 |
| JV | Medals to top 20 |
| MS/C | Ribbons to top 15 |
| Team V Champions | Plaque |

- Lane assignments given at coaches meeting.
- Team camps should be set up in the field just Northwest of the course (directly West of the tennis courts). NO camps on the course.
- Awards will be handed out in the finish chute. Plaques for Team V Champions (no ceremony).
- The JV races are usually PACKED. It's a small start line that funnels quickly. Remind each other to have fun and be safe.
- **The MS/C race (3000m) is open to all competitors in grades 7-12. Please use this race for any new runners who may need some more experience or may not be able to complete a 5K in within the time schedule for races.**
- Please use discretion when entering athletes who may not be able to complete a 5K in under 35 minutes as we will try our best to stick to our time schedule.
- Remind parents that there are no dogs allowed in the course area.

**Please submit your entire team roster to: Bob Schneider H51 Software,
LLC/Gopher State Events, LLC www.gopherstateevents.com**

Please send your entry fees if you haven't done so already.

Thanks!

Contacts:

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