

2024 STMA Invitational Cross Country Meet

Wednesday, October 2nd at St. Michael Rec. Center

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

Schedule:

2:45	7th/8th Grade Girls (2800 m)	Ribbons 1-25	All awards can be picked up at the awards table located under the pavilion once the next race has started.
3:05	7th/8th Grade Boys (2800 m)	Ribbons 1-25	
3:30	JV Girls (5000 m)	Ribbons 1-25	
4:05	JV Boys (5000 m)	Ribbons 1-25	
4:35	Varsity Girls (5000 m)	Ribbons 1-25, Shirts 1-15	
5:05	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.

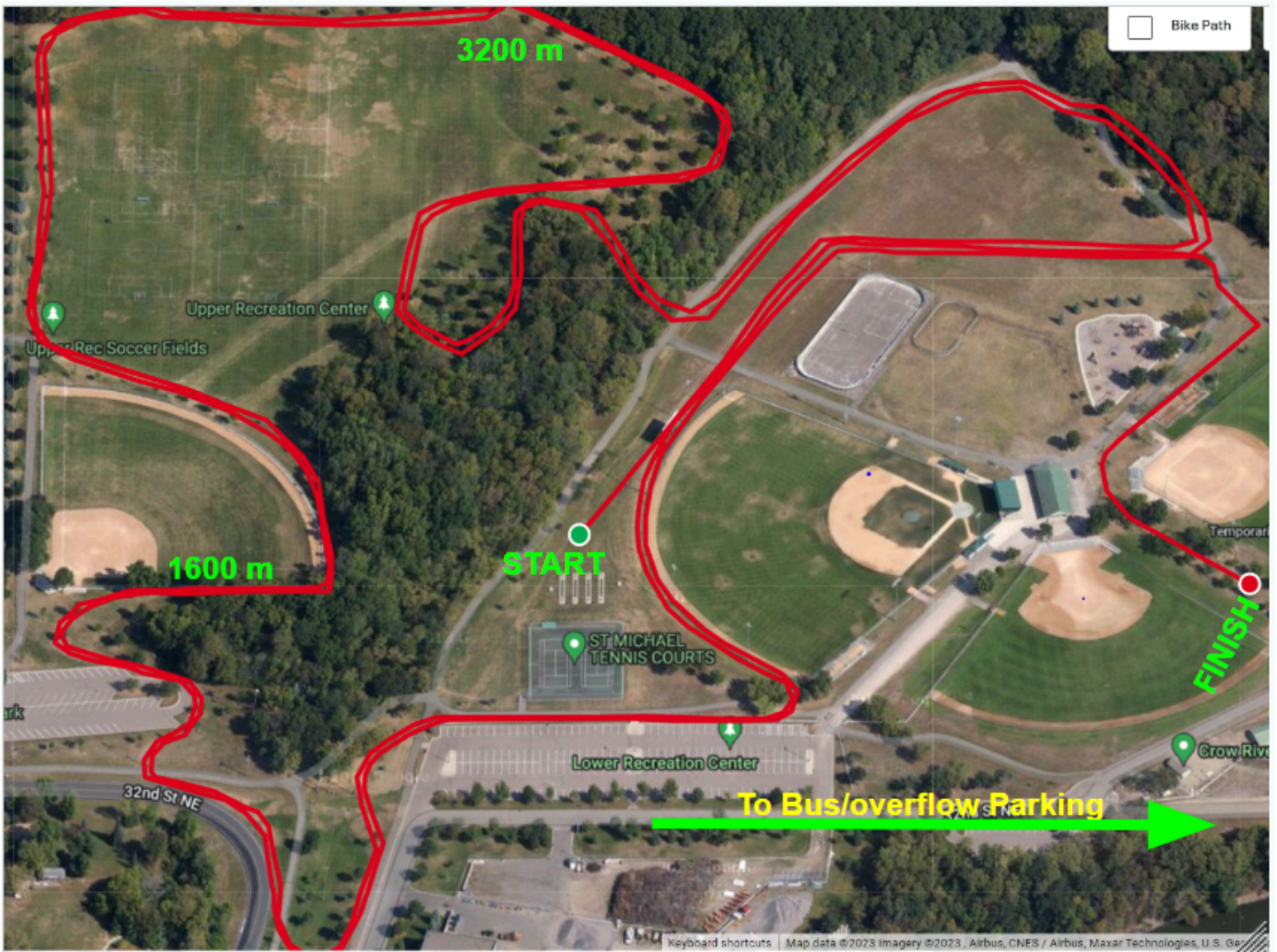
Timing: Chip timing will be through www.gopherstateevents.com

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: [Heather Strait-STMA Girls CC coach \(612-670-8330-cell\)](mailto:heatherst@mystma.org)
heatherst@mystma.org

[Chase Cayo-STMA Boys CC coach \(612-385-1515-cell\)](mailto:chaseca@mystma.org)
chaseca@mystma.org

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



Middle School Course (2800 m) → One loop of the 5k course then to the finish.

Box Assignments:

1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

