

CROSS COUNTY MEET – MINNETONKA VS. EDEN PRAIRIE – AUGUST 29, 2020

<u>Heat</u>	<u>Arrive EPHS</u>	<u>Leave EPHS</u>	<u>Race Start Time</u>	<u>Race Finish Time</u>	<u>Depart RL</u>
1 (G-V)	7:45	8:45	9:00	9:15	9:25
2 (G-JV1)	7:50	8:50	9:05	9:20	9:30
3 (G-JV2)	7:55	8:55	9:10	9:30	9:40
4 (G-JV3)	8:00	9:00	9:15	9:35	9:45
5 (G-JV4)	8:05	9:05	9:20	9:40	9:50

--For kids driving from Mtka: From Hwy 7, take 101 south. Continue as it turns to Dell Road in EP. Turn east on Valley View and continue to EPHS. First parking lot on west side of school.

--Park at Main Lot at EPHS. Camps will need to be separated and coaches will need to keep pods separated within your camp.

--Encourage kids to not show up too early, and then they need to leave as soon as they're done with their cooldown run. We can't have kids lingering around.

** Girls arrive around 7:45; Boys arrive no earlier than 9:00.

--We will have an EP coach/official on site to let kids know when to jog from EPHS lot to Round Lake start area. The schedule will be VERY tight, so kids should be grouped and ready to jog over 5 minutes early.

--Teams will NOT be allowed to jog the course beforehand, so share the map with your team. We will have a sign at the 1, 2, and 3 kilometer marks.

--See the Round Lake staging area map -- as kids jog into park, we will have a coach/parent greet them and direct them where to go.

--Kids must use the bathroom at EPHS lot BEFORE they come over. At Round Lake, they will literally have time to quickly put on their spikes, do a few strides, and we will start.

--Upon completion of the race, they need to quickly gather their stuff and walk back to EPHS parking lot. They will cut across VV (adults will direct) so they don't cross paths with kids walking to the start area.

--Try to weed out your kids who will NOT be racing -- then remind kids they MUST stay in the heat they're assigned to. If kids show up late, they don't get to race.