

ST. OLAF HIGH SCHOOL CROSS COUNTRY SHOWCASE 2022 FINAL INSTRUCTIONS

DATE: Thursday, September 1, 2022

TIME SCHEDULE:	9:00 am	Girls' Open 5K Race
	9:45 am	Girls' Varsity 5K Race (15 max per team)
	10:30 am	Boys' Varsity 5K Race (15 max per team)
	11:15 am	Boys' Open 5K Race

ENTRIES: Entries are due on Monday, August 29th at 8:00pm. Athletes should be entered through athletic.net (see invite email you should have received from Bob Ertl and athletic.net). Please enter only athletes who will participate. You do not need to designate Varsity racers at that time. Officials will ensure each team has only 15 runners in the Varsity race. All remaining racers will run in the Open Race of their respective gender.
Please note: We will run a tight schedule (45 minutes per race) and we will stay on schedule. If you have an athlete who may not be able to complete the race distance in the allotted time, please reconsider allowing them to compete in this event.

ENTRY

FEE: There is an entry fee of **\$250.00** for each boys' and girls' teams entering the showcase races. Payment must be made at time of packet pick-up, or you can send checks in advance made payable to **St. Olaf College** to:

St. Olaf Cross Country
c/o Erica Maker
1520 St. Olaf Avenue
Northfield, MN 55057

TEAM

CAMPS: All team camps will be outdoors. Please bring your own tarps and/or tents. Tostrud Fieldhouse is closed for renovations at this time and there will be no indoor facilities available. While there will be water for participants at the finish line, we encourage you to bring your own water so athletes can refill their bottles.

PARKING: Team vans and spectator cars may park in the Skoglund parking lot, which is the closest lot to the course. Buses should proceed to the drop-off zone, then follow attendants' instructions for parking near the course.

When arriving, please remain in your bus until you reach the designated drop-off zone to ensure there is no backup on the road.

PACKET

PICK-UP: Packet pick-up will be located near the finish line under a St. Olaf Cross Country tent. Entry fee is due at the time of packet pick-up if you have not already mailed your check.

TRAINERS: Trainers will be available at the finish line to assist athletes before and after the race. Athletes should bring a note from their trainer and supplies if they need to be taped prior to competition. There will be no heat available, but we will have ice on hand for those who need it.

COURSE: The Showcase provides an excellent opportunity for teams to preview the Minnesota High School State course. The 5K course includes portions of open grass fields and dirt trails, along with rolling hills. Please note: This is the only opportunity for teams to run on the course prior to the State Meet preview day on November 4th.

The course will open at 7:00 am on Thursday, September 1st. If you plan to stay the night on the August 31st and want to pre-meet on the course, contact Erica Maker (maker1@stolaf.edu) for approval to avoid any conflict with St. Olaf team practices. In the event of consecutive days of inclement weather, we will route teams to other venues for pre-meet to preserve the course for race day.

FINISH

CORRAL: Please relay to your athletes that they should move away from the finish corral and return back to their team camps as soon as they are able. Staff will be on hand to remind them of this and keep them moving (sorry if they are a bit pushy!).

AWARDS: A plaque will be given to the top team in each of the Varsity races. The top 15 competitors in all four races will receive a special t-shirt. There will be no awards ceremony this year (to avoid close gatherings). Award winners can pick-up their shirts at the packet pick-up table located under the St. Olaf Cross Country tent near the finish line.

T-SHIRTS: 2022 Showcase T-shirts will be available for purchase near the finish line. The cost is \$25, cash or credit. Please share with your athletes!

**ATTENDING
SCHOOLS:**

Albert Lea
Apple Valley (boys only)
Belle Plaine
Bloomington Jefferson
Blue Valley Southwest
Breck School
Buffalo (boys only)
Centennial
Champlin Park
Concordia Academy
Dassel-Cokato
Eastview (boys only)
Farmington
Forest Lake
Hopkins
Hudson (WI)
Irondale
Lakeville North
Mankato East
Mankato West (boys only)
Maple Grove
Math & Science Academy
Mayo
Minneapolis Southwest
Minneapolis Washburn

Minnehaha Academy
Minnetonka
Mounds Park
Mounds View (girls only)
New Prague
Northfield
Owatonna (boys only)
Park Center
Perham
Red Wing
Robbinsdale Armstrong
Rochester Century
Rochester John Marshall
Rockford
Roseville (girls only)
Simley
Spring Lake Park
Staples Motley
St. Michael Albertville
Totino-Grace
Waconia
Waseca
Wayzata
Winona
Zumbrota-Mazeppa

QUESTIONS: Please contact Erica Maker, Head Women's Cross Country Coach
(maker1@stolaf.edu, 210-870-8465).