

# **STMA & Wayzata Co-Host Lake Meet at STMA**

**Date:** Saturday September 26th, 2020

**Location:**

Saint Michael Lower Rec Center -  
3150 Lander Ave NE, St Michael, MN 55376

**Schedule for Minnetonka vs. Wayzata Girls:**

Athletes report to staging area 5 minutes before their wave time. All warmups/drills should be complete. All clothing, water bottles, etc are to be taken back to team camps and not left near start line OR please leave all items at team camps.	<b>On Site</b>	<b>1:30</b>
	Wave 1 (V)	2:30
	JV Wave 2	2:32
	JV Wave 3	2:34
	Break to Clear Course	
	JV Wave 4	3:02
	JV Wave 5	3:04
	JV Wave 6	3:06
	Finish Racing	<b>3:35</b>
	<b>Off Course</b>	<b>4:00</b>

**Meet Manager:** Scott Stallman

**Timing:** Gopher State Events (Bob Schneider)

**5K Course Map:** [LINK TO MAP](#)

**Team Camps/Bathrooms:** Team camps have been assigned on the course map. Each camp will have 2-3 porta potties assigned to a specific team. Camp number and box numbers are the same - these were assigned based on race schedule, co-ed teams, and roster size. See below.

Day	Team Camp/Box #1	Team Camp/Box #2
9/26	Wayzata Girls	Minnetonka Girls

### Important Reminders:

- All fans must abide by the [Lake Conference cross country fan protocol](#).
- A maximum of **3 teams allowed on site**. The time schedule laid out provides 15 minutes of transition time between each Tri/Dual - It will be important that team camps are cleared asap in order to accommodate the next teams.
- **No more than 25 runners** may start a race/wave at one time.
- If possible different training pods from the same team should not be racing together.
- Teams should only use assigned porta potties at designated camps.
- Runners **need to clear the finish line as soon as possible** and go back to camps.
- Team Camps should be cleared within the 15 minute transition time between races.
- **Masks are required by all runners, coaches, and meet workers** when not physically exercising.
- STMA/Wayzata will provide an onsite trainer.