



58th Annual Metro Invitational Cross Country Meet
Hosted by Eden Prairie High School and TC Running
Saturday, September 16th, 2023
Flying Cloud Fields - 15219 Pioneer Trail
Eden Prairie, MN 55347

REVAMPED THIS YEAR!! Metro Invite- Under the Lights! We are looking forward to having you join us for a fast and fun atmosphere, competing under the lights at Flying Cloud Fields in Eden Prairie (new location!).

Day of information:

- Gopher State Events will be timing the meet. Results can be found at <https://gsetiming.com/>
- Please come prepared with your own water and ice! There is no water access on site.
- Trainers will be on site, located near the finish line.
- There will be food trucks available during the meet (Red's Savoy, Del Sur Empanadas, and Maui Wowi Smoothies) Eden Prairie Cross Country will also be selling water and Gatorade for CASH ONLY! Please let your families/spectators know that they should come hungry and grab dinner while they are watching the races.
- To add to the fast and fun atmosphere, we will have music playing all night!
- *****Team tents CANNOT be staked into the grass on the fields!!*****
- *****Please communicate to your families- there are no dogs allowed at the race course!*****
- There will be no coaches' meeting. All information is communicated ahead of time. Upon arrival, please have a coach check in at the finish line to pick up your team's race bibs and pins.

Race schedule:

7:00pm: Elementary- 1 mile 'Fun Run' race- open to all 3rd-5th grade students. This will not be timed for non-Eden Prairie student-athletes, so there is no registration required. Just show up on the line!

7:20pm: Middle School Girls- Unlimited entries/school (2 miles)

7:40pm: Middle School Boys- Unlimited entries/school (2 miles)

8:00pm: JV Girls- Unlimited entries/school (5k race)

8:30pm: JV Boys- Unlimited entries/school (5k race)

8:55pm: Varsity Girls- 10 entries/school (5k race)

9:15pm: Varsity Boys- 10 entries/school (5k race)

Awards:

- T-shirts will be presented at the finish line to the top fifteen finishers in the Middle School, JV, and Varsity races.

Entry Fee/ Deadline:

\$400 per school (\$200 Boys/ \$200 Girls)

Please make checks payable to: Eden Prairie High School

Questions??: Please contact Courtney Brandon, Eden Prairie High School Head Cross Country Coach:
cbrandon@edenpr.org

Starting line box #	Team:
1	Northfield
2	Champlin Park
3	TC German Immersion
4	Minneapolis Southwest
5	Eagle Ridge Academy
6	Robbinsdale Armstrong
7	Hopkins
8	South St. Paul
9	Orono
10	Eden Prairie/CMS
11	Agape Christi
12	Highland Park
13	Eastview
14	Minnetonka
15	Cretin-Derham Hall
16	Maple Grove
17	St. Paul Academy
18	Chanhassen
19	Roseville

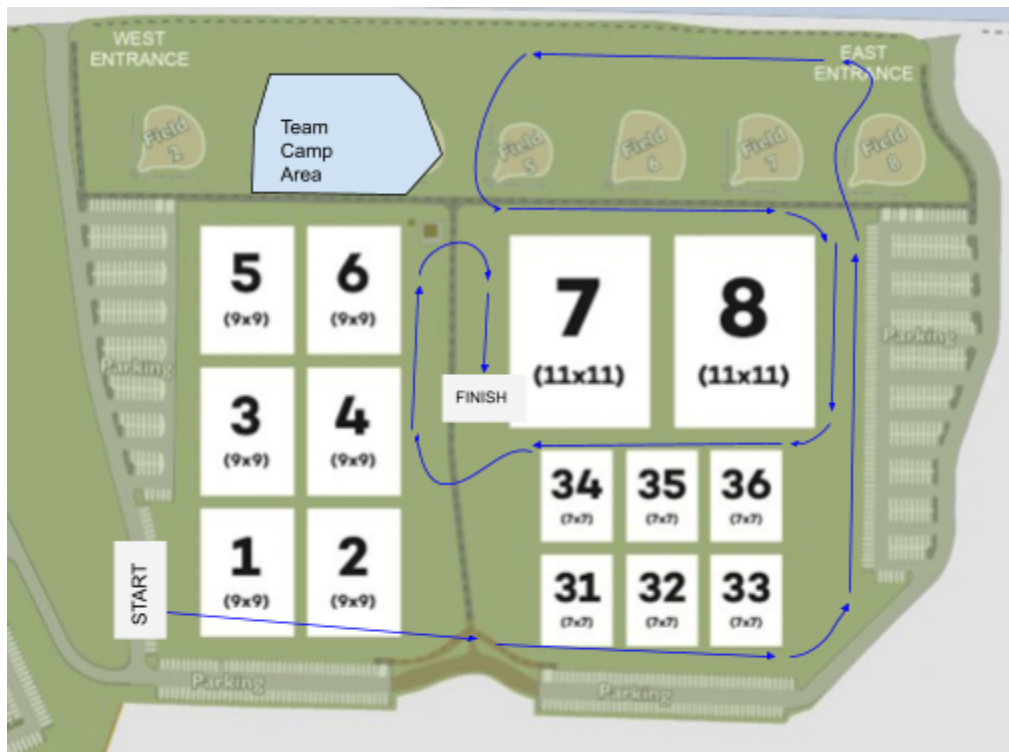
5k Course Map:



2 mile Course Map:



1 mile Course Map:



Parking and Drop Off Map:

METRO INVITATIONAL - PARKING & DROP OFF MAP

(FLYING CLOUD FIELDS - 15219 Pioneer Trail, Eden Prairie, MN 55347)

