

LAKE CONFERENCE CROSS COUNTRY CHAMPIONSHIP MEET

5,000 meter course
Outer loop is run twice before finishing.
Thursday OCT. 12, 2023

RACE SCHEDULE:

3:30 p.m. National Anthem

3:40 p.m. Boys Varsity 12 runners

4:10 p.m. Girls Varsity 12 runners

4:40 p.m. Boys JV--unlimited runners

5:20 p.m. Girls JV--unlimited runners

6:05 p.m. Awards

Common START and FINISH for all races.

Starting Order (left to right looking down the course):

1.STMA, 2. Minnetonka, 3.Eden Prairie, 4.Hopkins, 5. Edina, 6.Buffalo, 7.Wayzata

NO DOGS ALLOWED AT GALE WOODS

Please have your athletes inform their parents, relatives, friends who may be on site to watch the race to leave pets at home.

Timing Company and Entries:

Wayzata Results will time the meet.

Josh Gerber needs entries by 8:00 p.m Monday Oct 9

All entries will be on athletic.net

WORKER ASSIGNMENTS: 2 MILE Eden Prairie, Backside old cut off Minnetoonka,
Top of hill by Greenhouse Edina, Top of Hill at T Hopkins/Buffalo Old girls cut off going
out Wayzata. Finish corral—STMA —pick up Race official vest