

2015 TWIN CITY GRADE LEVEL MEET

Date: Wednesday, Sept. 16, 2015

Place: Lake Nokomis – South Shore

| | | | |
|---------------|------|------------------------------|-------------|
| Time Schedule | 4:00 | Junior and Senior Women | 5000 meters |
| | 4:40 | Junior and Senior Men | 5000 meters |
| | 5:10 | Freshmen and Sophomore Women | 3000 meters |
| | 5:35 | Freshmen and Sophomore Men | 3000 meters |

Awards: Ribbons 1-10

Entry Fee: \$30.00 per school – Make checks payable to Roosevelt High School.

Lane Assignments: Lane 1 is nearest the lake.

| | |
|------------------|----------------|
| Lane 1 – Johnson | 6- Roosevelt |
| 2 – South | 7 – Washburn |
| 3 – Harding | 8 – Washington |
| 4 – Henry | 9 – Humboldt |
| 5 – Southwest | 10 – Central |

SPECIAL INSTRUCTIONS:

1. All seniors and sophomores will be marked on their legs with a marker so that we can distinguish them from the juniors and freshmen.
2. Please have your manager or coach fill out the information on the number that your athlete receives at the end of the chute (name, time, grade).
3. We will have a double chute. Seniors and sophomores will finish on the LEFT and juniors and freshmen on the RIGHT.

We look forward to a good day with good weather.

Any questions contact:

David Sharp

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LAKE NOKOMIS CROSS COUNTRY COURSE REVISED

NOTE: 2 X 2000 M. LOOP + 1 X 1000 M. LOOP
NOTE: All Course Markings are in Meters. 5000 Meters = 3.1 miles

