

Twin Cities Cross Country Championship

Tues, Sept 13, 2016

Host: Ramsey County Parks and Recreation

Site: Battle Creek East

Race Location

Battle Creek East: [Map](#)

2401 Upper Afton Road

Maplewood, MN 55109

Schedule

3:00 Volunteer Mtg

3:10 Coaches Mtg

3:30 Boys 5K (all boys)

4:10 Girls 5K (all girls)

4:45/5:00 Awards (Approx): Boys/Girls

Scoring

1. By team: Standard scoring (five score, two pushers).
2. By city: Top 25 from each city score, unlimited pushers.

Timing and Results

1. Please remind your runners that they must keep moving through the chute. If you have runners that are not racing, please have them volunteer to take the place of any runner that is not able to walk the chute. Tell your runners that drama at the finish line is not impressive.
2. Expect a very long chute, possibly a double chute.
3. We will utilize single pin pull tags. Do NOT tear off the pull tag unless instructed to do so in the finish chute.
4. Results will be posted on site and emailed to coaches in the evening after the event.
Will be available online at www.wayzataresults.com

Course

1. Course Map: Two options: [Google Map](#) (click on lines to identify) and [PDF File Map](#)
2. Course will be marked with cones, pennant flagging and some signage.
 - a. Must run between cones when two cones create alley
 - b. Runners should never cross a line of cones
3. Miles 1 and 2 will be marked by signage on the course.
4. If available, a mountain biker will ride ahead of the lead runners
5. Course is mostly grass but with short crossings and sections of asphalt bike path (including a narrow wood bridge crossing)

Rosters

Pulled from MSHSL rosters.

Athletic Trainer

Located at finish line.

Bathrooms

Available in picnic shelter

Lane Assignments

1. Washburn
2. Highland Park
3. Roosevelt
4. Harding
5. Johnson
6. Patrick Henry
7. South
8. Central
9. Como
10. Southwest
11. Edison
12. Washington
13. Humboldt

Awards

Team: Traveling Trophy: Girls, Boys

Individual: Top 3 medals, 4-10 ribbons

Race Staff:

Timer: Craig Yotter

Starter/Official: Mike Beck

Race Director: Paul Johnson, mtbtridad@gmail.com, 651-285-2970

Volunteers

WE NEED VOLUNTEERS. We have communicated with each St. Paul school that they must provide a minimum of one volunteer for every 15 runners on their roster (round up).

Minneapolis volunteers are, of course, also welcome!! [SIGN UP HERE](#)