

## **Twin Cities Grade Level Meet:**

Date: Sept. 10, 2013

Where: Ed Solomon Park in Mpls. Best drop off area E. 58th St. between 13th and 14th maybe even 15th Avenues So. This is a new course and site. It will have a mixture of flat and hills. I hope that everyone likes it.

Race Times:

3:30 Coaches Meeting

4:00 Junior and Senior Women 4,000 m

4:30 Junior and Senior Men 5,000 m

5:00 Freshman and Sophomore Women 4,000 m

5:30 Freshman and Sophomore Men 5,000 m

Awards: Ribbons for places 1-6 presently. I hope to try to get it up to 10th by next week.

Finish Chute: We will have a double chute. The sophomores and seniors will finish on the right. The juniors and freshmen will finish on the left.

Directions from St. Paul to Ed Solomon Park:

If crossing the Ford Pkwy Bridge: Continue straight to 34th Ave or Nokomis Ave. Turn left. Go to E. Minnehaha Pkwy. Turn right. Go straight to Cedar Ave. Turn Left. Go south on Cedar to 58th St. (do not take the freeway, use city street by when going by Fat Lorenzo's). Turn right. Go straight up to the drop off and the park will be on your left.

If crossing the Lake St. Bridge: Go straight up Lake St. to Cedar Ave. Turn left. Go south on Cedar to 58th St. (do not take the freeway, use the city street by Fat Lorenzo's). Turn right. Go straight to the drop off are and the park is on your left.

If coming on 94 west: Exit on Cedar Ave. Turn left and follow Cedar to 58th St. (do not take the freeway, use the city street by Fat Lorenzo's).

Course map to be posted at <http://www.comoparkcrosscountry.com/Home/Schedule> as soon as it is available