



2013 Central Open



August 23rd 9:00 AM

Cross Country Course at St. Kates

2004 Randolph Ave. - St. Paul, MN 55105

Meet Schedule

9:00 Coaches Meeting

9:30 Girls 4K

10:00 Boys 5K

10:30 Open Boys and Girls 2.5K

(This race is open to beginner high school runners as well as junior high, elementary kids, parents...)

11:00 Awards

Course:

Is a looping course around St. Kates Grounds, Woods, and Pond. It is fast yet a challenging course primarily on grass with a section of trail through the woods.

Awards

Trophy Awards specially designed by Tom Forkery (Fork Sculptures by Tom Coben)

Individual and Team Champion Trophies for Both Boys and Girls Races

Individual Trophies for Top Junior High/ Elementary Runners

Top Parent Finisher in the 2.5k Race

Race Format

All the races are open races with no need to declare varsity runners. The Girls 4K and the Boys 5K will be limited to 30 athletes/school. The remainder of your team(s) (if any) may run in the Open Boys and girls 2.5K. You must have your athlete's on the MSHSL web site by Wednesday August 21. If they do not make it on the site they may run in the 10:30 race.

Standard Scoring format- Top 5 score, Top 7 count.

Computerized Timing, Scoring, and Results

Teams Attending-

Boys- Central, Centennial, Chaska, Chanhassen, Highland Park, Como Park, Humboldt, Johnson, Great River School, Washington Technology Magnet

Girls- Central, Centennial, Chaska, Chanhassen, Highland Park, Como Park, Humboldt, Johnson, Roseville, White Bear Lake, Great River School, Washington Technology Magnet

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