

CENTRAL OPEN

AUGUST 28 - 2015

Meet Schedule

9:00 Coaches Meeting
9:30 Girls 5k
10:15 Boys 5k
10:45 Girls 4k
11:10 Boys 4k
11:45 Awards

Cost

\$70 per team (\$140 for both genders)

Make checks payable to:
Central Boosters - XC

Address:

St Paul Central
Attn: Treacy Funk
275 N Lexington Avenue
Saint Paul, MN 55104

Contact Info

Mike Reneau
runreneau@gmail.com
(c) 541-740-5306

Race Formation

All the races are open races. There is no need to declare varsity runners. The boys & girls 5k are limited to 30 athletes per school. All other athletes (if any) are welcome to race the boys & girls 4k. You must have your athlete's on the MSHSL website by Wednesday, August 26. If they are not listed with the team on the site by that time, you may run them in the 4k race.

Scoring Format: Standard- Top-5 Score, Top-7 Count.

Course

The course is a looping course around St Kates grounds, woods, and pond.. It is a fast but challenging course run primarily on grass with a section of dirt trail through the woods. We will be posting a course map at posting posting a course map on the Central XC website at <http://www.centralxc.com/central-open/>.

Awards

Central Open T-shirts will be awarded to the top-3 in the boys & girls 5k. Trophies will be awarded to the boys & girls champion teams.

Teams Attending (as of June 3, 2015).

Centennial
Chanhassen
Chaska
Como Park
Highland Park
Humboldt
Johnson

North St Paul
Nova Classical
Roseville
Washington
Woodbury Math & Science
Academy