Section 4AA Cross Country Championships
Wednesday, October 25th
Hosted by
The University of Minnesota
Les Bolstad Golf Course

<u>Meet Manager</u>
Scott Stallman
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<u>Meet Procedures Included</u>
- Entry Instructions
- Meet Schedule & Lane Assignments

<u>Attachments</u>
- JV Payment Information
- Course Map
- MSHSL Entry Form (email to Scott after submitting online) **Please print and bring to the meet!**
- Uniform Verification Form – **Please print and bring to the meet!**
- Cross Country Uniform Rule Emphasis
- Meet Day Reminders

<u>Entry Instructions for Section 4AA Cross Country Meet</u>

I. Roster Entry: Rosters must be entered by Wednesday, October 11th @ 3 pm.
       Go to this website: http://theendresultco.com/xc/

"Official Instructions" once you get there:
1. Click "continue sign-up" button on the login page.
2. Create an account
   - USE SCHOOL NAME AS LISTED IN LANE ASSIGNMENTS
   - Save the following: USERNAME_____PASSWORD_____
   - Click "continue sign-up" button on the login page.
3. Create your rosters.
   - Click both "junior high/middle school" and "high school".
   - Be sure to click both "male and female" icons under "Your Rosters" if you coach both genders.
   - Type in # of names you will enter. Enter total number or do in blocks of 10.
   - Enter names. Click 'save changes" at bottom of page.
4. Sign up for meet.
   - Scroll through list of meets and select MSHL Section 4AA.
   - Click male or female icon. Roster will appear.
   - Scroll to bottom of roster. Click "switch all check boxes". This step will select all names for the Section Meet. Be sure there is a check mark in front of each name.
   - Click "save changes".
4. Check that your roster has been entered. Return to home page, scroll down to MSHL Section 4AA and under the gender icon will be number of entries.

II. Varsity Declaration Deadline: Monday, October 23 @ 3 pm.
    Designating your 9 varsity runners will be done twice.

1. Fill out your MSHSL TEAM ENTRY CARD and email it to Scott Stallman at stallmanscott@mediacombb.net after submitting it online. Remember names may not be added or changed once your card has been emailed, except for medical or family emergency reasons that are documented.
2. Log back on to http://theendresultco.com/xc/ and declare those 9 varsity runners. The site will be open only through the date and time listed in these instructions!

MEET SCHEDULE

2:30   Coaches Meeting (Clubhouse)
3:15   Boys Varsity
3:45   Girls Varsity
4:15   Boys Open JV
4:45   Girls Open JV
Awards will follow ASAP after the Girls Open JV competition

Varsity Lane Assignments

Girls Varsity

2	Como Park
3	White Bear Lake
4	Roseville
5	Johnson
6	Harding
7	Washington Tech
8	Tartan
9	Central
10	Mahtomedi
11	Woodbury
12	Hill Murray
13	Highland Park
14	Stillwater
15	North
16	Cretin D-H
17	Humboldt

Boys Varsity

2	Como Park
3	White Bear Lake
4	Roseville
5	Johnson
6	Harding
7	Washington Tech
8	Tartan
9	Central
10	Mahtomedi
11	Woodbury
12	Hill Murray
13	Highland Park
14	Stillwater
15	North
16	Cretin D-H
17	Humboldt

Open Junior Varsity Lane Assignments

JV Girls		JV Boys	
1	Rosemount	1	Rosemount
2	Como Park	2	Como Park
3	White Bear Lake	3	White Bear Lake
4	Roseville	4	Roseville
5	Johnson	5	Johnson
6	Harding	6	Harding
7	Washington Tech	7	Washington Tech
8	Tartan	8	Tartan
9	Central	9	Central
10	Mahtomedi	10	Mahtomedi
11	Woodbury	11	Woodbury
12	Hill Murray	12	Hill Murray
13	Highland Park	13	Highland Park
14	Stillwater	14	Stillwater
15	North	15	North
16	Cretin D-H	16	Cretin D-H
17	Humboldt	17	Humboldt