

Washington Invitational at Pike Island

Date: Tuesday, October 10th, 2017

Location: Pike Island in Fort Snelling State Park

Address: 101 Snelling Lake Road, St. Paul, MN 55111

Cost: \$25

Participating Teams 2017:

Como Park, Harding, Humboldt, Johnson, Washington

Meet Schedule:

3:30 Coaches Meeting

4:00 Boys and Girls 5K Race Combined (no limit to entries – first 7 count towards varsity for each gender division)

Course:

The course is essentially one loop around Pike Island, starting and finishing near the bridge over to the island. The course has been accurately measured and the 1, 2 & 3 mile markers will be marked on the course. See attached map.

Results:

We will utilize a [google doc](#) where coaches can enter the runner's times. Runners will also receive a place card for coaches to fill out and return as a confirmation and back up to the scoring. Coaches will also receive a team score sheet to write in the place numbers of their top 5 runners total in order to give unofficial team results at the meet.

You will see the results file has the 2016 results included in two separate tabs if you want to review last year's performances.

Awards:

Quality footwear and quasi-quality nonperishable breakfast products will be awarded to the top three finishers in the girls and boys races. A disposable team "trophy" will be awarded to the winning team of the boys and girls race.

Note of Thanks: My goal for this year was to keep things simple, but I did not simplify enough. I hope in the future years my communication will be more complete and timely. So thanks for your patience.

Please let me know if you have any questions or concerns!

Thanks!

Michael Nawrocki

Washington Cross Country Coach

Michael.Nawrocki@spps.org

651-744-1553