

CC Meet

Friday, September, 18, 2020

At Lake Elmo Park Reserve (Nordic Center)

Meet Starter and Referee-Pete Hoyem

Timing System: Pete Wareham

Each school will have their own Port-o-Potty. They will be labeled. They will be located by the parking lot.

Boys Start-2:00 pm May arrive at 1:00 pm.

Girls Start-4:30 pm May arrive at 3:30 pm.

The goal is to start a new wave every 10-15 minutes.

Boys Wave 1 Varsity (athletes)

Roseville- 8	Mounds -8	Stillwater-8
Wave 2		
Roseville-13		Stillwater-12
Wave 3		
Roseville-12		Stillwater-13
Wave 4		
Roseville-13		Stillwater-12
Wave 5-All remaining athletes		

Girls Wave 1 Varsity (athletes)

Roseville-12	Stillwater-12
Wave 2	
Roseville-12	Stillwater-12
Wave 3-All remaining athletes	

****Only one wave can be in the starting area at a time. Once the first race is off, the second wave may go to the starting line for run outs. The starting line is wide enough for each runner to have their own space. Wave 3 must be warming up away from the starting line. Repeat until the final wave is off.**

When racers finish they must get their warm-ups and shoes from the start and cool down away from the course area. At the finish line each team has their own space: Mounds View Boys middle, Roseville to the right and Stillwater to the left. Runners must vacate the finish area ASAP.

Parents CANNOT be anywhere near the start/finish area Please educate your parents on this.

Parents should be wearing masks.

The course will be marked with a painted line. The course is 5K. (See attached map)

Please see the attached spreadsheet for entries. The deadline is NOON on September 15. Pete can make changes at the race. Please return the spreadsheet to Pete Wareham at

PJWAREHAM@stthomas.edu

Results will be posted at www.advantagetiming.com

Please email me if you have any questions for concerns

Dawn Podolske-Stillwater Girls Coach