

**Section 6AAA CC Meet
Tuesday Oct 24, 2023
Gale Woods Farm,
7210 Country road 110 West
Minnetrista Mn 55364**

Races: **Varsity only**, Boys and Girls

Time Schedule:

3:10 Coaches Meeting

3:40 Boys 5,000 meters

4:10 Girls 5,000 Meters

5:05 + awards

Trophies to the top 2 teams plus team medals (10) - 9 runners and **coach**).

Medals to the top 10 individuals, plus any State Meet Qualifiers.

NOTE: Medals will be awarded to individual qualifiers who do not finish in places first – tenth who are not members of the winning teams, but who will advance to the state meet.

Advancement from Section to State

1. Team: The first and second place teams from each section shall advance from each section.

2. Individual: The first **6** individual finishers from each section meet who are **not** members of the 1st & 2nd place

teams.

Entires:

You may enter up to 9 runners

You may only run 7 at the meet

Top 5 finishers score for each team.

Teams with less than 5 will not be scored

Josh Gerber of Wayzata results will be doing the timing

entries -everything will be on athletic.net - **deadline is Saturday 10/21 @ 8PM**

LANE ASSIGNMENTS—drawn at random. From left to right looking downs the course

1. Prior Lake 2. Eden Prairie 3. Chanhassen 4. Waconia 5. Minnetonka
6. Shakopee 7. Chaska

Trainer: Chris Thein from IAM on site 2:30-5:30

REMINDERS:

School Participation Requirement

Each school must compete in three (3) separate high school varsity meets to qualify for entry into a League sponsored tournament.

Meet Rules: The meet will be conducted under the guidelines of the Minnesota State High School League and NFHS Rules Book. All contestants must wear a school issued uniform. This includes running shorts over leotards or tights. We will use the count down start – be sure and review that with your athletes.

Contestants Numbers: Each varsity runner will be provided with a numbered bib and pins. Your lineup will be from the entries that you provided Wayzata Results. You may run up to 7 runners. Numbers and chips will be in your packet which is available at the finish line-

Chips are on the runners BIB. Runners are to run across the mat at the finish and keep moving to clear the area. NO chip/bib return

2023 Jury—TBD if required 3 schools will be selected

Day before the meet:

- review start procedures with your runners—especially on how to finish.
- review uniform and legal and illegal items
- review the race course, ALL runners 2 outer “loops”, return to Finish.
- make sure all of your runners have a legal uniform.
- remind your runners they need their bib pinned to their shirt

Any JV runners are considered spectators and must Use the spectator areas.
Any varsity runner with a bib, but not running must stay off the course during the race. They are considered spectators.

Please send a time schedule and directions to Gale Woods to your parents. Please remind them that at Gale Woods —

No dogs Allowed.
Please share with
parents

Volunteer assignments: Maps are available at finish line if needed

Please check in at the start area so we know your assignment is covered.

orange RACE OFFICIAL bibs are available at the finish line

Primary responsibility is to keep spectators OFF the running course and to observe the runners for any infractions

1. At the Green House area 175 meters from the start:
Chaska
2. Where the runners turn from grass/road to just the grass
tbd
3. Bottom of the hill (where there is a toilet)
PriorLake
4. Top of hill the “T” where runner take their 2nd loop
Chanhassen
5. Bottom of hill/curve (old girls cut off) picnic table and trash can
Shakopee
- 6.. 2 mile marker area
Eden Prairie
7. back stretch where old girls route re-enters the mail trail
Minnetonka
8. finish area 20 meters in front of the finish line
Waconia