



Red Wing Invite



To: Boys and Girls Cross Country Coaches

From: Katie Rausch, Bill Emery - Red Wing HS Co-head Coaches

Re: Friday, September 29th, 2023

Girls Teams	Boys Teams
East Ridge	East Ridge
Hastings	Hastings
Park	Park
RAACHE	RAACHE
Winona	Winona
Red Wing	Red Wing
Rochester Century	Rochester Century
Tartan	Tartan

The following information will assist you in planning for the Cross Country meet in Red Wing

Date/Time - Friday, September 29th, 2023; First Race @ 4:30 pm

Location - Red Wing High School: 2451 Eagle Ridge Drive

Results will be posted on Athletic.net and emailed out when completed.

Schedule - There will be four (4) races, all 5000 meters:

- Girls JV @ 4:30 pm (unlimited runners)
- Girls Varsity @ 5:15 pm (8 runners per team)
- Boys Varsity @ 5:50 PM (8 runners per team)
- Boys JV @ 6:25 PM (unlimited runners)

Porta Potties - These are located inside the stadium fence around the track and behind the home bleachers by the FB field.



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Team camps - Camps may be in the grassy area and up to the tree line on the stadium side (not on the other side of the trees as that is the actual course) or in the FB practice field well out of the way of the start lanes.

Parking - Spectator parking should be in the RWHS and PI Arena parking lots; there is plenty of parking

Spectator areas - Spectators must be socially distanced around the course and must not interfere with the runners (either on the course or in team camps).