

2021 Grey Cloud Cross Country Meet

Date: Thursday, September 2, 2021

5:00 = Varsity Boys (~10 runners)

5:30 = JV and Varsity Girls

6:15 = JV Boys

SITE: Cottage Grove Middle School/ Grey Cloud Elementary School-- **See Map**



- Spectators are NOT allowed to have access to athletes and must be restricted to an area outside of the course width.
- Spectators are to stay away from the start/finish line to allow for a fair, uninterrupted race.
- Admission is free

Meet procedures for runners:

Please send your rosters to Jesse Nelson at jnelson14@sowashco.org by the end of the day MONDAY AUG. 30th.

Timing- *He will assign* race numbers for your athletes to write on their hand. The finishing area will be roped off. Runners will need to exit quickly, after getting their athlete numbers recorded. We are also planning to video record the races. The finish area will have a shade tent and be roped off.

JV- unlimited entries

The course is two loop. Marking flags will be used. Blue= Straight, Yellow= Right turn, Red= Left Turn. Please instruct runners to leave the flags in the ground (no souvenirs). The mile will be marked with a large sign. Hard turns will also have cones.

Each starting box will be of 6' in width. Each box will marked with "dome cones". Park= Green; East Ridge= Yellow; Hastings = Blue; CDH= Purple

Course map- double loop, flag system. Runners run past the starting area for the start of loop two. The finish stretch is before the last turn. There are a few bike path crossings where we will cross the width (~8'). On this map, the starting boxes are designated in red. The finish line is also in red with the dark blue finish stretch. The first loop of each heat, will have a bicycle leading the runners.



Cottage Grove Middle School and Grey Cloud Elementary school campus:

<https://www.google.com/maps/place/Cottage+Grove+Middle+School/@44.839533,-92.909018,17z/data=!3m1!4b1!4m5!3m4!1s0x87f7dae5432b98c9:0x8008e80de9b4f927!8m2!3d44.839533!4d-92.9068293>