

**ST. OLAF HIGH SCHOOL CROSS COUNTRY SHOWCASE
2021 MEET INFORMATION**

DATE: Thursday, September 2, 2021

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| TIME SCHEDULE: | 9:00 am | Girls' Open 5K Race |
| | 9:45 am | Girls' Varsity 5K Race (15 max per team) |
| | 10:30 am | Boys' Varsity 5K Race (15 max per team) |
| | 11:15 am | Boys' Open 5K Race |

ENTRIES: Entries are due on Monday, August 30th at 8:00pm. Athletes should be entered through athletic.net (see invite email you should have received from Bob Ertl and athletic.net). Please enter only athletes who will participate. You do not need to designate Varsity racers at that time. Officials will ensure each team has only 15 runners in the Varsity race. All remaining racers will run in the Open Race of their respective gender. ***Please note:*** We will run a tight schedule (45 minutes per race) and we will stay on schedule. If you have an athlete who may not be able to complete the race distance in the allotted time, please reconsider allowing them to compete in this event.

ENTRY

FEE: There is an entry fee of **\$225.00** for each boys' and girls' teams entering the showcase races. Payment must be made at time of packet pick-up, or you can send checks in advance made payable to **St. Olaf College** to:

St. Olaf Cross Country
c/o Erica Maker
1520 St. Olaf Avenue
Northfield, MN 55057

TEAM

CAMPS: All team camps will be outdoors. Tostrud Fieldhouse will only be used in the case of sudden inclement weather, and cannot be accessed for bathrooms or drinking fountains. Please bring your own tarps and/or tents. While there will be water for participants at the finish line, we encourage you to bring your own water so athletes can refill their bottles.

PARKING: Team vans and spectator cars may park in the Skoglund parking lot, which is the closest lot to the course. Buses will drop off at Door 4 of the Tostrud Fieldhouse and be re-routed up the hill to park off-site. There will be no bus parking at Skoglund (make sure to get your driver's number!)

When arriving, please remain in your bus until you reach the designated drop-off zone to ensure there is no backup on the road. Once in the drop-

off area, St. Olaf staff will greet you and direct you to your campsite; bus drivers will be given a map and directions on where to park.

PACKET

PICK-UP: Packet pick-up will be located on the south side of Tostrud Fieldhouse (side facing the course) under a St. Olaf Cross Country tent. Entry fee is due at the time of packet pick-up if you have not already sent your check.

TRAINERS: Trainers will be available at the finish line to assist athletes before and after the race. Athletes should bring a note from your trainer and supplies if they need to be taped prior to competition. There will be no heat available, but we will have ice on hand for those who need it.

COURSE: The Showcase provides an excellent opportunity for teams to preview the Minnesota High School State course. The 5K course includes portions of open grass fields and dirt trails, along with rolling hills. Please note: This is the only opportunity for teams to run on the course prior to the State Meet preview day on November 5th.

The course will open at 7:30 am on Thursday, September 2nd. If you plan to stay the night on the 1st and want to pre-meet on the course, contact Erica Maker (maker1@stolaf.edu) for approval to avoid any conflict with St. Olaf team practices. In the event of consecutive days of inclement weather, we will route teams to other venues for pre-meet to preserve the course for race day.

FINISH

CORRAL: Please relay to your athletes that they should move away from the finish corral and return back to their team camps as soon as they are able. Staff will be on hand to remind them of this and keep them moving (sorry if they are a bit pushy!). We want to minimize COVID risk by avoiding crowding and co-mingling of teams at the finish area.

AWARDS: A plaque will be given to the top team in each of the Varsity races. The top 15 competitors in all four races will receive a special t-shirt. There will be no awards ceremony this year (to avoid close gatherings). Award winners can pick-up their shirts at the Registration table located under the St. Olaf Cross Country tent outside Tostrud Fieldhouse.

T-SHIRTS: 2021 Showcase T-shirts will be available for purchase outside Tostrud Fieldhouse. The cost is \$20, cash only. Please share with your athletes!

COVID

GUIDELINES:

We will follow all MDH and CDC COVID guidelines. **Additionally, we ask that when you are not running/competing, that coaches, athletes, and spectators wear masks, especially in areas of high congestion and in the portable restrooms.** St. Olaf staff will be masked at all times.

Although we will not regulate spectators, we **strongly encourage** them to stay home and wait to cheer on their team/athlete at the state meet.

**ATTENDING
SCHOOLS:**

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| Albert Lea | Minnehaha Academy |
| Belle Plaine | Minnetonka |
| Bloomington Jefferson | Mounds View |
| Breck School | New Prague |
| Buffalo (boys only) | Owatonna (boys only) |
| Burnsville | Park Center |
| Centennial | Perham |
| Dover-Eyota | Red Wing |
| Eastview (boys only) | Rochester Century |
| Farmington | Rochester John Marshall |
| Forest Lake | (girls only) |
| Hopkins | Roseville (girls only) |
| Hudson (WI) | Spring Lake Park |
| Irondale | Staples Motley |
| Lakeville North | St. Michael Albertville |
| Mankato West (boys only) | Totino-Grace |
| Maple Grove | Waseca |
| Math & Science Academy | Wayzata |
| Minneapolis Southwest | Winona |
| Minneapolis Washburn | Zumbrota-Mazeppa |

QUESTIONS: Please contact Erica Maker, Head Women's Cross Country Coach (maker1@stolaf.edu, 210-870-8465).