

**ST. OLAF HIGH SCHOOL CROSS COUNTRY SHOWCASE  
2023 FINAL INSTRUCTIONS**

**DATE:** Thursday, August 31, 2023

<b>TIME SCHEDULE:</b>	9:30 am	Girls' 5K Race
	10:30 am	Boys' 5K Race

**ENTRIES:** Entries are due on Monday, August 28<sup>th</sup> at 7:00pm. Athletes should be entered through athletic.net (you should receive an invite email from Bob Ertl and athletic.net). Please enter only athletes who will participate.

**ENTRY**

**FEE:** There is an entry fee of **\$250.00** each for 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. Please bring your own tarps and/or tents. Indoor bathrooms and locker rooms will not be available. 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 should proceed to the drop-off zone, then follow attendants' instructions for parking near the course.

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

**PACKET**

**PICK-UP:** Packet pick-up will be located near the finish line under a St. Olaf Cross Country tent. Entry fee is due at the time of packet pick-up if you have not already mailed 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 their 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 will be run on the former Minnesota high school state course. The 5K course includes portions of open grass fields and dirt trails, along with rolling hills. It is very spectator friendly, although we will limit access to the prairie loop (where the 2 mile mark is located) as this is a protected wildlife area. A split mat will be located at the 2 mile marker so coaches can still get those times. There will also be a split mat at the mile marker.

The course will open at 7:00 am on Thursday, August 31<sup>st</sup>. If you plan to stay the night on the August 30<sup>th</sup> and want to pre-meet on the course, contact Erica Maker ([maker1@stolaf.edu](mailto: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!).

**AWARDS:** A plaque will be given to the top team of each race. The top 20 competitors in each race will receive a special t-shirt. Award winners can pick-up their shirts at the packet pick-up table located under the St. Olaf Cross Country tent near the finish line.

**T-SHIRTS:** 2023 Showcase T-shirts will be available for purchase near the finish line. The cost is \$25, cash or credit. Please share with your athletes!

**ATTENDING  
SCHOOLS:**

Apple Valley (B)  
Belle Plaine (B/G)  
Bloomington Jefferson (B/G)  
Buffalo (B)  
Burnsville (B)  
Farmington (B/G)  
Forest Lake (B/G)  
Kasson-Mantorville (B/G)  
Mankato East (B/G)  
Mankato West (B)  
Minneapolis Southwest (B/G)  
Minneapolis Washburn (B/G)  
Minnetonka (B)  
Northfield (B/G)

Park Center (B/G)  
Red Wing (B/G)  
River Falls (B/G)  
Robbinsdale Armstrong (B/G)  
Rochester Century (B/G)  
Rochester John Marshall (B/G)  
Roseville (G)  
Simley (B/G)  
St. Cloud Cathedral (G)  
STMA (G)  
Totino Grace (B/G)  
Waconia (B/G)  
Winona (B/G)  
Zumbrota Mazeppa (B/G)

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