

Suburban East/ Metro East Boys and Girls Cross Country

(updated 4/18/19)

2019

<u>Date</u>	<u>Meet Host</u>	<u>Site</u>
Thursday Sept. 12 th	Hastings	Hastings High School
Thursday Sept. 19 th	White Bear Lake	White Bear Lake (Lakewood Hills)
Friday Sept. 27 th	Mustang Invite	Chippewa Middle School
Thursday October 3 rd	Oakland	Lake Elmo Park Reserve
Tuesday October 8 th	Mahtomedi	Mahtomedi M.S.
Thursday Oct. 10 th	Centennial	Centennial Middle School
Monday Oct. 14 th	SEC/ Metro East Championships	White Bear Lake (Lakewood Hills)

Details

- 3:45 start times
- Racing distance should be 2K / 1.25 miles
- Four races can be split into 6/7 girls, 6/7 boys, 8 boys and 8th girls depending on numbers.

Participating schools: Centennial, Hastings, Mahtomedi, Oakland, Sibley, South St. Paul, St. Thomas, Stillwater and White Bear Central and Sunrise

CROSS COUNTRY SITES (from Hastings)

Hastings High School – 200 General Sieben Drive, Hastings, Mn. 55033

White Bear Lake-Lakewood Hills - 2110 Orchard Hills – 61N to 494, 494E becomes 694 to White Bear Ave. (exit 50), turn right on WB Ave stay on for 2 lights to Orchard Lane

Chippewa Middle School - 5000 Hodgson Rd Connection, St Paul, MN 55126

Oakland – Lake Elmo Park Reserve-1515 Keats Ave N, Lake Elmo, MN 55042
Meet starts and ends at the Nordic Center.

Mahtomedi - 61N to Hwy 494 turns into 694 east to Hwy 36, Non Hilton Trail, E on Stillwater Rd. (stoplight) 1st road left past Middle school entrance.

Centennial- 61 N to 94 west to 35W north, exit on Lake Drive, left on Lexington, Right on North Road.

