

# **Suburban East/ Metro East Boys and Girls Cross Country**

**2022**

<b><u>Date</u></b>	<b><u>Meet Host</u></b>	<b><u>Site</u></b>
Thursday, September 15th	Hastings	Hastings High School
Thursday, September 22nd	White Bear Lake	White Bear Lake /Lakewood Hills
Thursday, September 29th	Stillwater	Wash. Co, Fair Grounds
Tuesday, October 4th	Oakland	Lake Elmo Park Reserve
Thursday, October 6th	Mahtomedi	Mahtomedi Middle School
Monday, October 10th	Centennial	Centennial Middle School
Thursday, October 13th	SEC/MEC Finals	White Bear Lake

## **Details**

- 3:45pm Start Times
- Racing distance should be 2K / 1.25 miles
- Four races can be split into 6/7 girls, 6/7 boys, 8th 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 494E becomes 694 to WhiteBEar Ave (exit 50), turn right on WB Ave, stay on for 2 lights to Orchard Lane.

Stillwater-Washington County Fair Grounds - 61N to 494E, becomes 694, go east on Hwy 5 through Lake Elmo.

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 494E, becomes 694, east to Hwy 36, Non Hilton Trail, E on Stillwater Rd(Stoplight) 1st road on left past the Middle School entrance

Centennial - 61N to 94 West to 35W North, exit on Lake Drive, Left on Lexington, Right on North Rd.

