

Date: Monday, August 1, 2016

To: Activities Directors and Cross Country Coaches

From: Dean Haugo – Activities Director, Moorhead High School
Jeremy Blake – Head Boys & Girls Cross Country Coach

Re: **The 2016 Shocky Strand Moorhead Invitational Cross Country Meet**

Date: Monday, August 29, 2016

Time: 10AM (Coaches Meeting at 9:30AM)

Site: M.B. Johnson Park (north Moorhead)

Fee: \$100 per team (\$50 per Boys Team / \$50 per Girls Team); checks made payable to Moorhead Cross Country

Meet Schedule: **9:30AM – Coaches Meeting**

10:00AM – Girls Varsity / Junior Varsity (5000 Meters)

10:35AM – Boys Varsity / Junior Varsity (5000 Meters)

11:10AM – Girls Junior High (3000 Meters)

11:30AM – Boys Junior High (3000 Meters)

12:00PM – Awards Ceremony

*NOTE: Please be aware of our intention to run the varsity and junior varsity races as a single competition yet score them separately.

Awards: Varsity – Team Champions: Refreshing Edible Team Award

Individuals: Medals to top 20 places

Junior Varsity – Team Champions: Refreshing Edible Team Award

Individuals: Medals to top 20 places

Junior High – Team Champions: Refreshing Edible Team Award

Individuals: Medals to top 20 places

Invited Schools: **Bemidji, Dilworth-Glyndon-Felton, East Grand Forks, Fargo Davies, Fargo North, Fargo South, Fergus Falls, Grand Forks Central, Hawley/Ulen-Hitterdal, Moorhead, Pelican Rapids, Perham, Thief River Falls, West Fargo, West Fargo Sheyenne, Willmar**

Registration, Timing and Meet Scoring:

This season, Gopher State Events (GSE) has been hired to handle meet registration, timing and scoring. As per the request of GSE, approximately two weeks prior to the Shockey Strand Moorhead Invitational (and no later than Monday, August 15), please send an email to bob.schneider@gopherstateevents.com simply stating your school's

name and the gender(s) that you coach. This will ensure that your team has been programmed in the system and GSE has your correct email address on file. Shortly thereafter (sometime during the week of August 15–19), you will receive an email from GSE with specific instructions detailing registration procedures.

Team Envelopes and Lane Assignments: Upon your arrival, please register at the scorer's table to obtain your packet and last minute instructions. Lane assignments will be available in your meet packet and bibs/chips for registered runners will be placed in your team envelope.

Course Flags and Markers: The 5000-meter and 3000-meter courses will be marked with white paint throughout. 1-mile and 2-mile markers will be readily visible on the 5000-meter course. Additionally, the standard flag system per the cross country rule book will also be in place. (Red: left turn; Yellow: right turn; Blue: straight, no turn)

Results: Results will be posted shortly after each race. Team and individual results will be announced at the awards ceremony at the conclusion of the meet. Copies of meet results will be available for coaches at the awards ceremony and on gopherstateevents.com.

T-Shirts: **"Shocky Strand Moorhead Invitational" t-shirts** will be available for **\$10.00 each**. Please inform your runners that t-shirts will be sold throughout the meet; however, once the t-shirts have sold out (as in previous years), no additional shirts will be printed and sold.

Concessions: A full concessions stand will be available.

Athletic Trainer: Sanford Orthopedics & Sports Medicine will provide coverage for the meet.