

Thursday, September 8, 2016

Welcome to the 11th Annual Bauman/Rovn Hopkins XC Invitational.

The course is part of the Three Rivers Park system and was designed specifically as a permanent cross country course. It is generally viewed by those who have competed here to be a demanding course with rolling terrain and several very tough hills. The meet name celebrates two Hopkins cross country coaches who have made deep impacts at Hopkins along with successful team championships within the conference, sectional, and state levels; **Ed Bauman 1990-2006 and Jim Rovn 1978-2010.**

<u>Time</u>	<u>Race</u>	<u>Distance</u>	<u>Awards</u>
4:00	Boys JV	5K (unlimited)	Top 15 T-shirts
4:30	Girls JV	5K (unlimited)	Top 15 T-shirts
5:10	Boys Middle /JH	3K (unlimited)	Top 10 T-shirts
5:15	Girls Middle /JH	3K (unlimited)	Top 10 T-shirts
5:50	Boys Varsity	5K(enter up to 14)	Top 25 T-shirts
6:20	Girls Varsity	5K(enter up to 14)	Top 25 T-shirts
7:00	Awards located on the hillside next to start/finish		

2015 Teams:

Boys - Anoka, Armstrong, Bloomington Jefferson, Buffalo, Chanhassen, Chaska, Eastview, Eden Prairie, Edina, Elk River, Lakeville South, Minnetonka High School, Rochester Century, Southwest, Minnehaha Academy

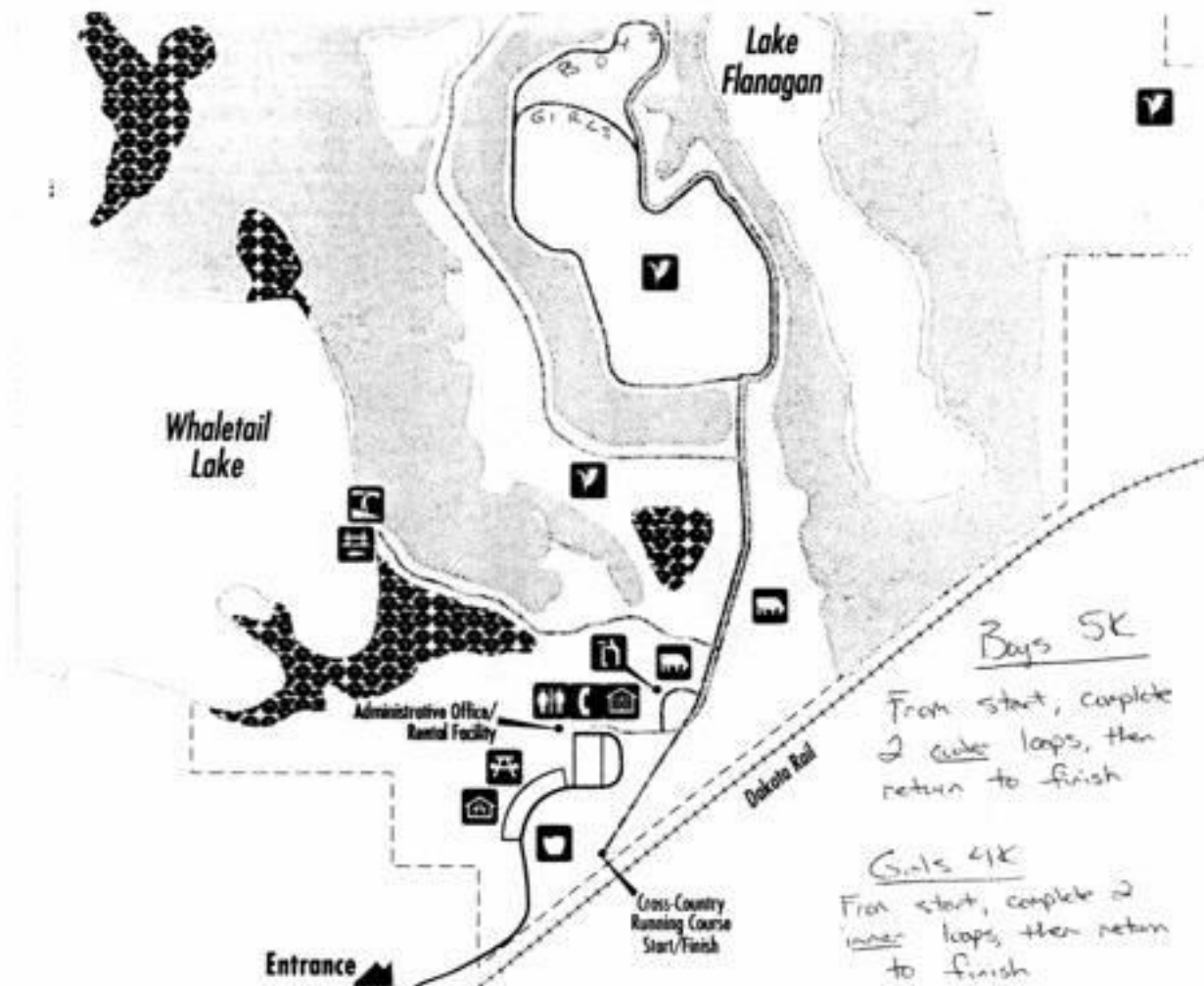
Girls - Anoka, Armstrong, Bloomington Jefferson, Buffalo, Chanhassen, Chaska, Eden Prairie, Edina, Elk River, Lakeville South, Minnetonka High School, Rochester Century, Southwest, Minnehaha Academy

- **TC Running** will have a presence again and is assisting with the purchase of the award t-shirts.
- For your team's enjoyment, the **Hopkins Booster** will provide healthy snacks and water options.
- The Hopkins Staff will designate **Kilometer markings** for the 1K, 2K, 3K, 4K.

Course Map

3.2K = 1 big loop

5K = 2 large loops



CROSS COUNTRY SCORING

Each team competing in a cross-country meet consists of seven runners. The first runner to finish scores one point, second place two points; third place three points; and so on. All of the competing runners who finish are ranked and scored in this manner. The final team score is then determined by totaling the points; lowest total is declared the winner. Even though the sixth and seventh runners on a team are not able to post scores for their own team, these "kickers" can increase the total score of the opposing teams if they finish ahead of the first five runners of the opposing team. A perfect score would be 15, indicating a team placed all their scoring runners in the top five spots.

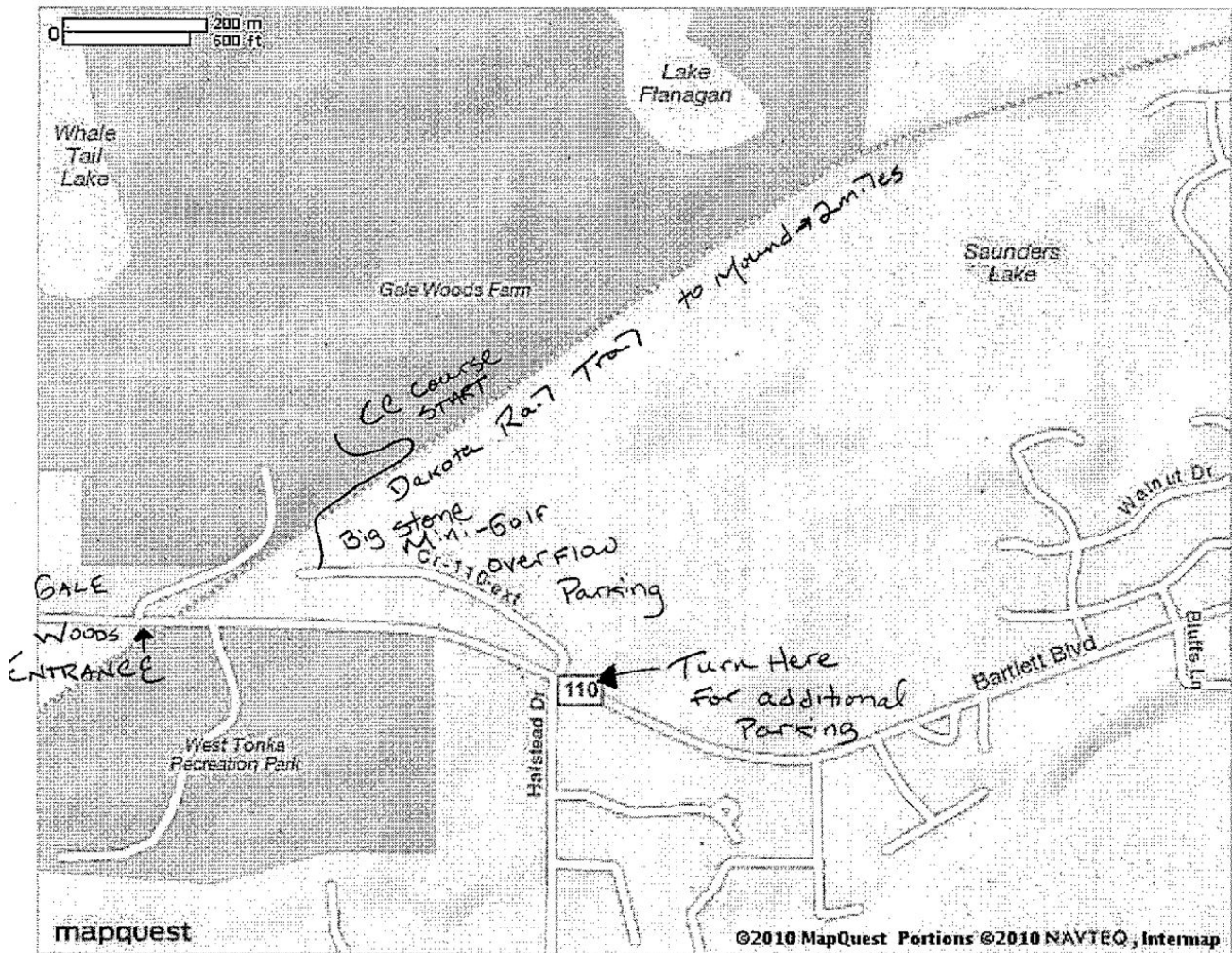
MAPQUEST

Map of 7570 County Road 110 W

Minnetrista, MN 55364-9548

Notes

Additional Parking available on CR-110 Ext. Enter Gale Woods thru the Big Stone Mini-Golf Course parking lot and the Dakota Trail. It is approximately 350 yards to the CC course Start/Finish from this parking area. Follow the signs.



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