

Little Falls Community Schools

1001 5th Avenue SE
Little Falls, MN 56345

I.S.D. No. 482



Est. 1855

Kevin Jordan – Activities Director

www.lfalls.k12.mn.us

Section 8AA Cross Country

Location: Little Falls Golf Course (south edge of town)

Thursday, October 27, 2016

2:00 Teams may be on the course

2:45 Coaches Meeting in Clubhouse – all teams

3:15 National Anthem

3:20 Boys Uniform check at the Starting line

3:30 Boys Varsity 5000 Meters

4:05 Girls Uniform check at the Starting line

4:15 Girls Varsity 5000 Meters

5:15 Awards Ceremony

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- * Absolutely no team may be on the any part of the course before 2:00 p.m.
 - * Coaches – please bring safety pins to attach numbers to your participants' jerseys
 - * No athletes in the Club House, portable toilets are by the metal buildings
 - * Please advise athletes to stay off the golf course greens & tee box areas
 - * No dogs or other pets allowed on the golf course
 - * Please police your team camp for garbage
 - * Split times will be given at the 1600 and 3200 meter marker
 - * Deadline to certify a team photo for the State Tournament Program is Oct. 25th 2016
 - * Rules Committee: Monticello, Little Falls, Fergus Falls

* There will be a concession stand available at the meet for the athletes and spectators

* Section 8AA Shirts will be available to purchase

<http://www.mshsl.org/mshsl/publications/code/athletic/CCRun.pdf> is a link to the MSHSL CC rules and tournament information

http://nfhs.org/media/1016956/nfhs-cc-uniform-rules_416.pdf is a link to MSHSL CC uniform policy

Teams: Alexandria, Becker, Bemidji, Brainerd, Detroit Lakes, Fergus Falls, Little Falls, Monticello, Moorhead, Rocori, St. Cloud Apollo, St. Cloud Tech, Sartell-St. Stephen, Sauk Rapids-Rice, Thief River Falls, Willmar

COACHES: This year the meet is being timed by Gopher State Events (www.gopherstateevents.com). Please send an email to bob.schneider@gopherstateevents.com with your school name and the gender(s) that you coach at least two weeks prior to the meet to ensure that your team is in the system and they have your correct email address on file. They will send complete instructions to all coaches approximately two weeks before the meet."

Course maps are attached please make copies for your team!