

STATE MEET INFORMATION

WHAT TO PACK!

- **Uniform and spikes!**
- **MASKS! (are required indoors at state and at many other places in the cities)**
- School-Issued Warm Up Jacket (we want to look the same, especially for awards)
- **If wearing spandex/leggings/long-sleeves underneath must be BLACK AND PLAIN!**
- Money for state sweatshirts/clothing/hats gloves, snacks(hoodies are \$55)
 - Meals will be covered by the school. Students are asked to chip in for tips.
- Extra clothes, socks, running shoes, clothes for going out to restaurant.
- Bring **familiar** healthy, snacks/food to eat the day of the state meet pre-race, Gatorade etc...
- Water bottle

TENTATIVE SCHEDULE

Friday, November 5

8:00	Pep Fest at High School
8:30	Load Bus
9:00	Leave for State!
10:15	Sit-down Brunch at Clearwater Travel Plaza
1:00-4:00	Practice at St. Olaf ▪ Team Registration ▪ Buy sweatshirts ▪ Practice/walk the course
4:00	Check in at Hotel AmericInn Burnsville 14331 Nicollet Court Burnsville, MN 55306 952-892-1900
5:30/6:00	Dinner- Olive Garden
9:00	Team Meeting – Hotel Lobby?
10:00	Lights Out

Saturday, November 6

8:00	Morning Run
8:30	Continental Breakfast
10:00	Check Out Hotel
10:00	Brunch/Lunch
11:30	Arrive at State Meet
2:30	AA Boys' Race
3:30	AA Girls' Race
4:15	Awards
5:30	Depart for home, stop for sit-down meal-restaurant TBD
9:00	Arrive in Willmar

Cross Country Running Race Schedule

Class AAA Boys: 9:30 a.m.
Class AAA Girls: 10:30 a.m.
Awards: approx. 11:15 am

Class A Boys: 12 noon
Class A Girls: 1 p.m.
Awards: approx. 1:45 pm

Class AA Boys: 2:30 p.m.
Class AA Girls: 3:30 p.m.
Awards: approx. 4:15 pm

VIDEO TAPING POLICY. Parents of runners may videotape the state meet if:

- A. the tape is not for commercial use; and
- B. the camera is not obstructing the view of others and it is a handheld camera. Tripods and other camera stands will not be allowed into the meet.

SOUVENIR TOURNAMENT PROGRAMS & MERCHANDISE: Digital tournament programs are available at no charge on the League web site. Go to www.mshsl.org to download copies.

Tournament merchandise will be available for sale in the Fieldhouse on both Friday and Saturday.

STREAMING: All six races and each award ceremony will be streamed. Go to PrepSpotlight.tv for details.

Spectator Parking & Shuttle Service. Spectator parking is available at four remote parking lots at the southeast end of St. Olaf campus. Large red signs will direct spectators to these lots. Shuttle service to and from campus will be provided from 9:00 am to 5:00 pm on race day. The pickup and drop off points will be posted with large red "Bus Stop" signs. **Please note: Spectator parking is not allowed in any of the Skoglund Athletic Center parking lots.**

DIRECTIONS TO ST. OLAF. 35W south to Minnesota Highway 19, go east on 19 to Northfield and follow the Saint Olaf College signage. Alternative routes include Cedar (77) and Highway 3 out of St. Paul.

TIMING OF CONTESTANTS. Select times will be provided at the 1600- and 3200-meter marks. Coaches, student managers or other school personnel are NOT ALLOWED ON THE COURSE DURING THE RACE. Anyone reading times at these or other marks may cause a contestant(s) to be disqualified (*Rule 8, Sec. 6 National Federation Track and Field and Cross Country Rules Book*).

The times for each contestant who completes the race will be automatically recorded at the finish line and included in the final meet results. It is not necessary for coaches to time their competitors.

OFFICIAL RESULTS of all six (6) races will be posted on the League's web site, and online at WayzataResults.com. Results will also be displayed on the video boards near the finish line. **Please note that we will NO LONGER SELL results at the meet. Please share this information with your fans.**

AWARDS CEREMONY. A combined awards ceremony will be conducted in the Skoglund Athletic Center gymnasium following each set of races. Awards will be presented as follows:

- Trophies and medals to teams finishing in first, second and third place
- Medals to individuals finishing first through tenth place

SPECTATORS ON COURSE. Instruct spectators from your school to stay behind the fences in order that all runners will have a fair opportunity to do their best. ***Spectator interference may result in disqualification of a team or individual.*** Please remind your fans of the restricted course area in and near the Prairie Loop and the Dorm loop.

MSHSL CROSS COUNTRY COURSE AT ST. OLAF COLLEGE

