

St. Cloud Early Bird CC Invitational

Saturday, August 28th, 2021

Saint Cloud Veterans Hospital
4801 Veterans Drive
St. Cloud, MN 56303-2015

Teams attending

Cathedral, Saint Cloud Apollo, Saint Cloud Tech, Sartell-St. Stephen, Sauk Rapids-Rice, Spectrum, Willmar

Time Schedule:

9:00 am	Warm ups	Course opens for arm up
10:00 am	Girls 5k -	Varsity AND JV will run together
10:30 am	Boys 5k -	Varsity AND JV will run together
11:00 am	Grades 7 and 8 3200m	(Boys/Girls combined)

Awards: The top 15 runners in girls' and boys' varsity races will receive medals. The top 10 runners in girls' and boys' JV races will receive medals. The top 3 boys and top 3 girls finishers in the 7th/8th grade race will receive medals and places 4-10 will receive ribbons. There will be an award ceremony following the completion of the 7th/8th grade race. We will attempt to do the award ceremony like the olympics. The winning varsity teams will receive cupcakes to celebrate their victories!

Team Rosters/Results: The race will be chip-timed by Pickle Events. Results will be available at: www.pickleevents.com
Please enter your team roster by **Wednesday, August 25th at 1pm**. You do not need to designate which race your athletes EXCEPT for Jr. High racers. Athletic.net will ask you to designate Varsity/JV but you do not need to. The top 7 finishers will be scored as varsity and the rest of the runners will be scored as JV. The Jr High races will be scored as 7th/8th grade combined. Team scores will be provided for boys 7th/8th grade and girls 7th/8th grade.

Packet Pick-up: Coaches can pick up their packets at the registration table near the start line. Please bring your own pins. I will have some pins available. Results will be posted in this same area.

Parking: Busses can park in the Apollo High School parking lot located right next to the VA grounds. Spectators should also park in the Apollo parking lot. I understand that this isn't necessarily the closest to the course but the VA is still an operating hospital on the weekends and with Covid we have to follow strict protocols to help protect the VA patients.

We will have a very basic concession stand with granola bars, fruit, water, and gatorade.

Portable toilets will be available. Please stay out of the Apollo High School and the VA Hospital. NO ONE should be entering or going near the hospital. Please instruct your runners to warm up on the course and away from the hospital.

An athletic trainer from Saint Cloud Orthopedics will be available to athletes in the finish area.

Contact: Any questions, comments please feel free to contact me at justin.darrow@isd742.org

[5k Course](#)



[Jr High Course](#)



Course notes

- Vast majority of the course is on grass and is pretty flat with one very small hill that is ran twice during the inner loop right before the mile 1 marker. The Jr High runners will not have any hills of concern during their course
- Runners will cross a black top path that is about 5 yards wide about 50-75 meters from the start. We will try to have a black mat to cover the path.
- The runners will also have to cross a black top path near the finish line.
- This is a very spectator friendly course