

Dear Coach/Activities Director,



The Central Lakes Conference Cross Country Meet will be held on Tuesday, October 19, 2021, at River Oaks Golf Course starting at 3:00 p.m. Coaches may pick up information on that day. Also, we will answer any questions you have.

The schedule is as follows:

Boys Junior Varsity	3:30 p.m.	5000M
Girls Junior Varsity	4:00 p.m.	5000M
Boys Varsity	4:30 p.m.	5000M
Girls Varsity	5:00 p.m.	5000M
Boys Junior High	5:30 p.m.	3200M
Girls Junior High	5:50 p.m.	3200M

Awards: Varsity Championship Team Trophy
All Conference Awards to the top 15 varsity finishers
Honorable Mention to 16-25 varsity finishers
Plus 1 at large Honorable Mention runner per school if desired

Awards ceremony: Varsity races awards will follow the final race (announce 1-15 all conference, 16-25 honorable mention.
Junior Varsity and Junior High awards will be given at the finishing chute (1-25 receive ribbons).

Rosters: The race will be chip-timed this year by Heros Timing. Heros Timing will contact each school with entry instructions for rosters on Athletic.net. Remember that you can enter 5-8 runners in the varsity races with all other races having unlimited entries.

Concessions: Concessions will be available including hot food.

T-shirts will be available for purchase during the meet.

Packet Pick-Up: Course maps will be available at the timing tent the day of the meet.

Lane Assignments

Alexandria	Lane 1
Brainerd	Lane 2
Fergus Falls	Lane 3
St. Cloud Tech	Lane 4
Sartell	Lane 5
Sauk Rapids Rice	Lane 6
St. Cloud Apollo	Lane 7
ROCORI	Lane 8
Willmar	Lane 9

MAKE SURE YOUR RUNNERS HAVE 3-4 SAFETY PINS FOR THEIR BIB NUMBER

Courtesy: Please remind your athletes to stay off the greens, tee boxes, and out of the sand traps. Golfers will be using some holes on the front nine. Also, please pick up your garbage and litter throughout the meet and at the completion. Outdoor restroom facilities will also be available. Please respect the golf course, clubhouse, and their personnel. *An athletic trainer will be available throughout the meet at the finish line.*

Rules Committee: Head Coaches from Alexandria, Rocori, and Fergus Falls.

River Oaks Golf Course is located directly across from ROCORI High School and Cold Spring Elementary on County Road 2. You can have your buses drop you off at the clubhouse or on Golf Course Road. Please park your buses in front of ROCORI High School. Please do not park in the main parking lot.

Coaches Brad Bauer, Brittany Herrig, Kris Illies, Emily Nibaur
Joel Baumgarten, AD-ROCORI Activities 320.685.4913 or 4917

JV and Varsity 5k Map (2 big loops)



Junior High 3200m Map (2 small loops)

