Spring Lake Park Cross Country

Fall Sports Meeting
August 4, 2026

Introductions!

- Head Coach - Peter Falcon
- Assistant Coach - Erik Larson
- Assistant Coach - Jenna Terrio
- Assistant Coach - Sierra Beilby

Practice Schedule

- Start of season is **MONDAY, AUGUST 17TH**
- Practices for first two weeks of season will be morning practices from 8am - 10:00am (Until start of school on August 31st)
- Once school begins on Monday, August 31st, practices will switch to normal format throughout rest of season (3:30pm - 5:30pm)
- There may be days where practices are slightly shorter, but will follow this schedule throughout majority of season.
- Westwood students are bussed to the high school and will be picked up at high school after practice.
- 12 week high school season counting week of state meet.

Meet Information

- Both boys and girls race 5 kilometers (3.1 miles) for majority of races, other than first race of season (2 miles).
- Middle school runners may race 5k or 3k/2 miles depending on readiness to race a specific distance and at coach's discretion.
- Usually one meet per week for good portion of season.
- Championship season may involve less meets raced for varsity runners to prepare for conference, sections, and state.
- Will likely leave school early for majority of meets.
- Students FIRST and athletes SECOND.
- Opportunity to race postseason meet (NXR in Sioux Falls, South Dakota)

Meet Schedule (Tentative)

1. St. Anthony Dilly Dash - Brightwood Hills Golf Course, New Brighton, MN (Thursday, 8/27)
2. Orono Twilight - Orono High School, Orono, MN (Wednesday, 9/2)
3. Anoka Steve Hoag Invitational - Anoka High School, Anoka, MN (Thursday, 9/10)
4. Roy Griak Invitational - Les Bolstad Golf Course, Falcon Heights, MN (Saturday, 9/19)
5. Eden Prairie Metro Invitational (Twilight) - Flying Cloud Fields, Eden Prairie, MN (Saturday, 9/26)
6. Osseo Invitational - Elm Creek Park Reserve, Maple Groe, MN (Thursday, 10/1)
7. Irondale Invitational (JV Only) - Brightwood Hills Golf Course, New Brighton, MN (Thursday, 10/8)
8. NWSC Conference Championships - Elk River Golf Club. Elk River, MN (Wednesday, 10/14)

Meet Schedule (Contd.)

10. Park Center Dundee Invite (JV Only) - Central Park, Brooklyn Park, MN (Tuesday, 10/20)

11. MSHSL Section 5AAA Championships - Anoka High School, Anoka, MN (Thursday, 10/29)

12. MSHSL State XC Championships - Majestic Oaks Golf Club, Blaine, MN (Saturday, 11/7)

13. NXR Heartland Regional Championships (Post-Season) - Yankton Trail Park, Sioux Falls, SD (Sunday, 11/15)

Gear and Equipment

- Proper running shoes (daily trainers)
  - Mill City Running Company, TC Running Company, The Running Room, Fleet Feet
  - Good for about 400-500 miles and then need replaced.
  - Student-Athlete discount at specialty running stores
- Running Watch/GPS Watch
  - GPS watch isn't required, but can be useful!
  - Other options include timex or ironman watch
- Cross Country Spikes
  - Can also be found at specialty running stores in area and discount is included
  - Optional, but recommended due to racing on a variety of terrain
  - Used specifically for racing
- Water Bottle
  - Hydration is key!
  - Practices may be hot as we start running more in the afternoon once school begins.
- Appropriate Clothing
  - Bring jackets, sweats, gloves, hat, long sleeves, pants/tights, etc. as weather conditions cool off throughout season (recommended for warm-ups)

Varsity Letter Requirements

1. Meet Performance Standard

- Place in the top half of runners in at least 4 varsity races run throughout the season.
- (Example: Place 75th or better in a race of 150 runners)

2. Time Standard

- Girls: 22:00 for 5000 meters
- Boys: 18:30 for 5000 meters
- Times must be run at least one time or more throughout the season.

3. Championship Performance Standard

- Earn all-conference or all-conference honorable mention honors.
- Make Section Team (top 7).
- Earn all-section honors.
- Qualify for the state meet.

Varsity Letter Requirements (Contd.)

4. Other Requirements/Factors

• Athletes must complete the entirety of the season.

• Injuries or other health reasons/factors may play a part in earning a varsity letter.

• Limited about of absences from practices, meets, and required team activities.

• In good standing with teammates, coaches, athletic department, and school (academics).

- Coach’s discretion

Team Registration

- Go online to school athletics website
  - https://www.springlakeparkschools.org/activities-athletics/register/how-to-register
- Must be registered before you can start practice
- Must have an active physical on file before each runner can attend practice
- General SLP sport related information can be found here:
  - https://www.springlakeparkschools.org/activities-athletics/discover/parent-resources
- SLP XC Website
  - https://www.springlakeparkschools.org/activities-athletics/athletics/cross-country-co-ed
- Communication via “Remind” App
  - Text @slpxc1to 81010 OR go to remind.com/join and search for our class code @slpxc1
  - Will communicate workouts, team announcements, and anything else related to XC via Remind

Panther Pacers Booster Club

- Let us know if you'd like to be involved!
- Tony Rajkowski, Mary Bohl, Tammy Benesch, and other parents are helping lead our new booster club for the second year in a row! (Thanks to all that have contributed!)
- We are hosting our second annual SLP alumni run at the National Sports Center in Blaine
  - Saturday, August 15th at 9:00am
  - Will need help from both athletes and parents!
  - Spread the word as it will be another big fundraising opportunity for us
  - Signup Link is here: https://runsignup.com/Race/MN/Blaine/SLPCCAlumniFamilyAndFriends5k
  - Both a 5k and 2.5k - walkers, runners, joggers, and all are welcome!
- Other fundraising opportunities
  - TC Marathon Weekend - October 2-4
  - One more possible opportunity
- Pasta feed dates TBD, along with end of year banquet.
- Pre-Season Kickoff at Coach Falcon's house from 5-7pm this Saturday, August 8th!
  - Come out and attend if you can! Athletes and parents are welcome!

Thank you for Coming!

- Questions about the upcoming season?
- We look forward to making this season a fun, memorable, and exciting journey for all our student-athletes!
- Contact Information for coaches:
  - Head Coach - Peter Falcon (pfalco@district16.org)
  - Assistant Coach - Sierra Beilby (sbeilb@district16.org)
  - Assistant Coach - Erik Larson (larsonerik73@gmail.com)
  - Assistant Coach - Jenna Terrio (jterrio12@gmail.com)
- Go to SLP XC website for 2026 XC Manual
  - Explains everything about the program, upcoming season, meet schedule, and other important information in more detail.
  - https://activitiesandathletics.springlakeparkschools.org/fs/resource-manager/view/a132f84e-be85-4b37-97bc-3674b17d284a
  - https://activitiesandathletics.springlakeparkschools.org/athletics/slphs-athletics/cross-country-co-ed