

## SECTION 5A CROSS COUNTRY MEET

Thursday, October 26, 2017

Spring Brook Golf Course, Mora

To: Athletic Directors & Cross Country Coaches

From: Kris Osterdyk and Chris Goebel , Section 5A CC Meet Mgr.

320-679-6200 or emails [cgoebel@moraschools.org](mailto:cgoebel@moraschools.org) and [kosterdyk@moraschools.org](mailto:kosterdyk@moraschools.org)

Re: Section 5A CC Meet

**REMINDER: The Region fee for Cross Country is, \$40.00 per team or \$80.00 if a school has both, a boys and girls team, It is \$10.00 per individual. Either bring your school's check to the meet or send it to Pete Cheeley, Region 5A Secretary, 2973 Aurora Lane, St. Cloud, MN 56303.**

Schedule: Coach's meeting- 3:15 (near finish chute)

\*Girls race- 4:00

\*Boys race- 4:45

Awards program- 5:30

\*Teams must report to the starting line 20 minutes before their starting time.

**The top 2 teams and top 8 individuals, not from a qualifying team, qualify for the State Meet.**

- AWARDS: 1<sup>st</sup> and 2<sup>nd</sup> place team trophies  
Team medals (9) to 1<sup>st</sup> and 2<sup>nd</sup> place (State qualifying) teams  
Medals to the top 10 individuals and individual State qualifiers

**RULES Committee:** Chris Goebel, Coach & Meet Director; Kris Osterdyk, Mora AD; Kelly Haws-Coach, Rachel Fogle-Coach, Dave Dillan-Coach

### TEAM REGISTRATION INFORMATION:

**-Each team must fill out the enclosed SECTION TEAM ENTRY FORM and email to [kosterdyk@moraschools.org](mailto:kosterdyk@moraschools.org)– NLT 3:00 p.m.Friday, October 20th. rosters (include up to 9 members/team) \*\*\* This is MEA so make sure it is emailed on time!**

**-Hero's Timing will be doing the timing. You will receive an email inviting you to the Section 5A Meet and to enter your line-up on Athletic.net**

**-Deadline for online registration is Tuesday, October 24 @ 7:00pm.**

### MISC. INFO:

- The clubhouse will be open for business for concessions and the grill will be open.. There will be porta-potties near the clubhouse.
- Uniform rules will be enforced. Each coach will need to turn in the enclosed Verification Form at the coach's meeting.
- All athletes will be assigned a competitor's number, which will be worn on the front of their racing singlet.
- The course will be the same as it was for the two earlier meets in Mora.. Map of the course is attached.
- SECTION 5A CROSS COUNTRY CHAMPIONSHIP T-shirts will be sold near the clubhouse. They can customize the shirt for you!
- Please remind your athletes to stay off greens and to pick up team areas after meet.
- Meet results will be available at the awards ceremony.