

**MONDAY, Aug. 28**

**ST. CLOUD APOLLO EARLY BIRD AT THE V.A. HOSPITAL**

Times are approximate

4:25 Boys Freshmen & M.S. (2 miles)

5:25 Boys JV (5000 m)

6:30 Boys Varsity (5000 m)

Go north on I-494 to I-94. Go west on I-94 to Minnesota 15 N (exit 167B ). Go north on Hwy 15 (5.2 miles) to 8<sup>th</sup> Street. Turn left on 8<sup>th</sup> Street and you will see Apollo High School about a quarter-mile ahead on your right (on 44<sup>th</sup> Street). We race on the VA grounds west of the High School (across 44<sup>th</sup> Street), but please park in one of Apollo High School's lots.

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**THURSDAY, Aug. 31**

**ST. OLAF COLLEGE SHOWCASE**

St. Olaf College, Northfield

11:00 a.m.- Boys race

Go south on I-35W and then south on I-35 to the Northfield Exit (Highway 19). Go east on Hwy 19 to St. Olaf College. On the western edge of Northfield. Go up the hill on left side onto the St. Olaf campus and follow the signs to spectator parking.

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**SATURDAY, Sept. 2**

**MARSHFIELD COLUMBUS INVITATIONAL Wildwood Park in Marshfield, WI**

9:30 AM Boys Junior Varsity

10:30 AM Boys Varsity

Go east on I-94 to Highway 29 (between Menomonie & Eau Claire). Go east on 29 to Hwy. 13 (Abbotsford). Go south on Hwy.13 into Marshfield. On the southwest edge of Marshfield is Wildwood Park. The race is run at Wildwood Park which is east of Central Ave. The race begins on 17<sup>th</sup> street in the northwest corner of the park.

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**SATURDAY, Sept. 9**

**SATURDAY NIGHT LIGHTS at Wayzata High School Stadium**

7:00 PM – Middle School 1600 (3 heats)

7:30 PM – Junior Varsity 3200 (3 heats)

8:10 PM – Varsity 3200 (1 heat)

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**SATURDAY, SEPTEMBER 16 – Metro Invite at Round Lake Park**

9:30 Boys JV, 10:30 Boys Varsity

South on I-494 to Valley View Road. Go west on Valley View Road about 2 miles to Round Lake Park (SW corner of Valley View Road & Eden Prairie Road).

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**Tuesday, Sept. 19**

**CLC 1.5 MILE (Eden Prairie Central Middle School)**

8025 School Road, Eden Prairie, MN

4:00 8<sup>th</sup> grade boys, 8<sup>th</sup> grade girls, 7<sup>th</sup> grade boys, 7<sup>th</sup> grade girls

Go south on I-494 to exit 11C US 212 West. Go just over a mile to Mitchell Road and take a left. Go to Technology Drive and turn right. Turn left on to Wallace road and in a bit you'll see the school on your right.

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**FRIDAY, Sept. 22**

**MUSTANG INVITATIONAL (all high schoolers except top 17)**

Chippewa Middle School, North Oaks

3:45pm Gold race

Green race

Go North on I-494 to I-694 East. Take Exit 41B (I-35W North). Take first exit on 35W North, exit 28 (County Road 96). Turn right on Cty. Rd. 96 and follow to Hodgson Road (3.3 miles). Turn left on Hodgson Road and follow for 1 mile to Incarnation Lutheran Church (parking there). Meet is immediately north of the church at Chippewa Middle School.

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**SATURDAY, SEPT. 23**                      **ROY GRIAK INVITATIONAL**  
**U of M Golf Course, St. Paul**      AFTER A BUNCH OF GREAT COLLEGE RACES:  
2:15 PM Boys Gold (our top 10)

Go east on I-94 across the Mississippi River to Hwy 280. Go north on 280 to Larpenteur Ave. Go east on Larpenteur until you see the golf course on your left. Parking is available on the University Campus which is East and South of the course. There are shuttle buses that run to the course.

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**SATURDAY, Sept. 23**                      **MILACA MEGA MEET**  
**Stones Throw Golf Course, Milaca**  
1:45 pm Boys Varsity AAAA (11-17 runners)

Driving Highway #169 North. Take the Highway 23 exit. Turn left on Highway 23 and drive about 1 mile for parking at the Milaca High School. To get to pay parking at the Evangelical Free Church, turn right on Highway 23 and drive under the #169 overpass. Turn left (across from the Dairy Queen) on the frontage road and drive about 1/2 mile north to the stop sign. Turn left on 10th St. and drive about 3/4 mile to the stop sign. Turn right on Central Avenue and the Evangelical Free Church pay parking will be on the left after driving one block.

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**THURSDAY, Sept. 28**      **BASSETT CREEK PARK MEET (all Middle Schoolers)**

Bassett Creek Park, Crystal      4:00 Races begin

The park is on 32<sup>nd</sup> Avenue, two blocks west of Hwy 100 and three blocks east of Douglas Drive. **32<sup>nd</sup> does not have an intersection with Hwy 100**, but it does intersect with the west frontage road of Hwy 100. You can also go east on Hwy 55 to Douglas Drive. Go north on Douglas to 32<sup>nd</sup> Ave. Go east on 32<sup>nd</sup> two blocks and the park is on your right.

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**SATURDAY, Sept. 30**                      **WILLMAR INVITATIONAL (all high schoolers & some middle schoolers)**  
**Eagle Creek Golf Course, Willmar**                      1:00 Meet begins

Go west on US Highway 12 to Willmar (~82 miles) and turn right (North) on Lakeland Dr. Turn left on Civic Center Dr. and an immediate right onto US Highway 71 BUS route. Follow along the lake and keep left onto 26<sup>th</sup> Ave. Golf course will be on the right.

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**TUESDAY, Oct. 10**                      **CLC 1.5 MILE RACE (Middle School)**  
**Freeman Park, Minnewashta**                      4:00 8<sup>th</sup> Grade Boys  
4:35 7<sup>th</sup> Grade Boys

Go south on I-494 to Hwy 7. Go west on Hwy 7 past Excelsior. About a mile west of the 7 & County Rd 41 intersection, turn right on Eureka Rd. Go north on Eureka, and take the second left into the park.

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**THURSDAY, Oct. 12**                      **LAKE CONFERENCE CHAMPIONSHIPS**  
**Gale Woods, Minnetrista**                      4:10 p.m. Boys Varsity      5:20 p.m. Boys JV

Take Hwy 12 west into Wayzata, exit onto Hwy 15 and continue west. This is Shoreline Dr. Keep going west through Orono, Minnetonka Beach, and Spring Park. When you get to Mound, turn left on Hwy 110. 2 miles later you leave Mound, cross the tracks and take an immediate right to Gale Woods. **OR** Take County Road 6 west to McCulley Road (you have passed over Highway 12 and gone about a mile). Turn left or south on McCulley Road (which turns into North Shore Drive). Turn right (west) on County Road 151, Turn left on County Road 110. Take 110 through Mound and in a few miles the park is on your right.

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**TUESDAY, OCT. 17**                      **JOE ROSS INVITATIONAL (Middle School)**

**Wayzata East Middle School**

Races start at 4:00

Wayzata East is located on Ridgemount Avenue between Hopkins Crossroad (County 73) and Plymouth Road (County 61). It is a half mile north of Ridgedale Shopping Center.

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**MONDAY, OCT. 23 LEFTY WRIGHT SECTION 6 GRADE LEVEL CHAMPIONSHIPS**

Bassett Creek Park, Crystal 4:00 Sr & Jr Boys  
4:40 Sophomore Boys  
5:20 Freshman & Under Boys

The park is on 32<sup>nd</sup> Avenue, two blocks west of Hwy 100 and three blocks east of Douglas Drive. **32<sup>nd</sup> does not have an intersection with Hwy 100**, but it does intersect with the west frontage road of Hwy 100. You can also go east on Hwy 55 to Douglas Drive. Go north on Douglas to 32<sup>nd</sup> Ave. Go east on 32<sup>nd</sup> two blocks and the park is on your right.

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**TUESDAY, OCT. 24 CLASSIC LAKE MIDDLE SCHOOL CHAMPIONSHIP**

Location: TBD 4:00 PM

**WEDNESDAY, OCT. 25 SECTION 6AA CHAMPIONSHIP**

Gale Woods, Minnetrista 3:45 - Boys 5 K race

Take Hwy 12 west into Wayzata, exit onto Hwy 15 and continue west. This is Shoreline Dr. Keep going west through Orono, Minnetonka Beach, and Spring Park. When you get to Mound, turn left on Hwy 110. 2 miles later you leave Mound, cross the tracks and take an immediate right to Gale Woods.

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**SATURDAY, NOV. 4 MINNESOTA STATE CHAMPIONSHIP**

St. Olaf College, Northfield 11:00 a.m.- Boys AA race

Go south on I-35W and then south on I-35 to the Northfield Exit (Highway 19). Go east on Hwy 19 to St. Olaf College. On the western edge of Northfield. Go up the hill on left side onto the St. Olaf campus and follow the signs to spectator parking.