

# **2024 STMA Invitational Cross Country Meet**

**Wednesday, October 2nd at St. Michael Rec. Center**

**Teams attending:** Andover, Armstrong (B), Big Lake, Blaine, Buffalo, Champlin Park, Eden Prairie, Forest Lake, Maple Grove, Minnetonka (G), Monticello (B), Parnassus, Robbinsdale Cooper, STMA, and Wayzata

## **Schedule:**

|             |                              |                           |   |
|-------------|------------------------------|---------------------------|---|
| <b>2:45</b> | 7th/8th Grade Girls (3000 m) | Ribbons 1-25              | <i>All awards can be picked up at the awards table located under the pavilion once the next race has started.</i> |
| <b>3:05</b> | 7th/8th Grade Boys (3000 m)  | Ribbons 1-25              |   |
| <b>3:30</b> | JV Girls (5000 m)            | Ribbons 1-25              |   |
| <b>4:05</b> | JV Boys (5000 m)             | Ribbons 1-25              |   |
| <b>4:35</b> | Varsity Girls (5000 m)       | Ribbons 1-25, Shirts 1-15 |   |
| <b>5:05</b> | Varsity Boys (5000 m)        | Ribbons 1-25, Shirts 1-15 |   |

## **Location:**

[St. Michael Rec. Center](#)

3150 Lander Ave. NE

St. Michael MN 55376

**Varsity Lineups:** Varsity races will be allowed a maximum of **10 runners**. JV and middle school races are unlimited.

**Entry Fee: \$300.00 (\$150 per gender) per school to:**

Keith Cornell (Activities Director)

St. Michael-Albertville High School

5800 Jamison Ave. NE

St. Michael, MN 55376

A team that wants to be in the meet, but not run a varsity team, may enter runners in the non-varsity races for \$20.00 entry fee per non-varsity race.

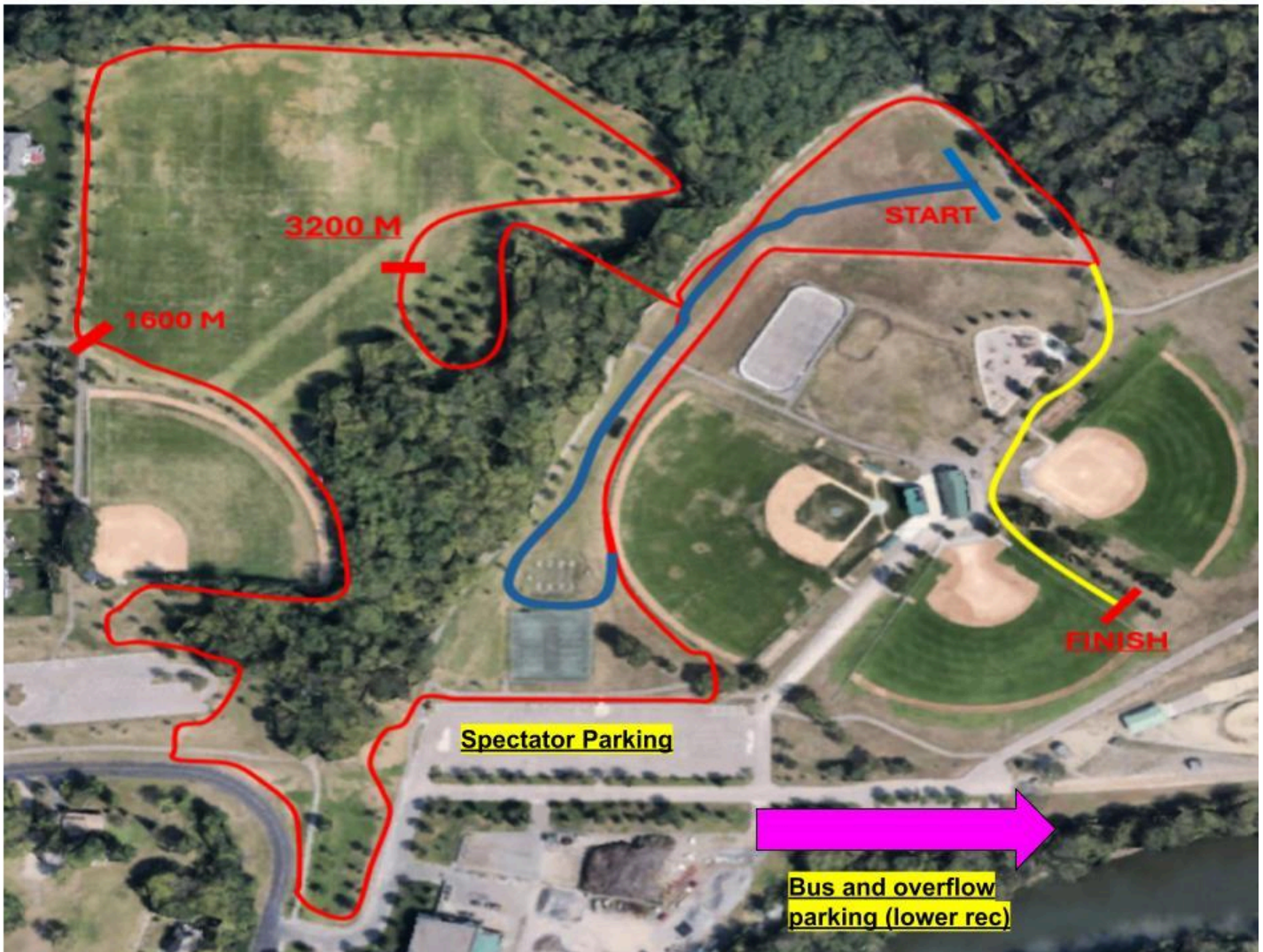
**Timing:** Chip timing will be through [www.gopherstateevents.com](http://www.gopherstateevents.com)

**Parking:** Busses will be directed to drop off near the starting line/team camps but will park at the lower rec (youth soccer fields during the meet).

**Contact:** [Heather Strait-STMA Girls CC coach \(612-670-8330-cell\)](mailto:heatherst@mystma.org)  
[heatherst@mystma.org](mailto:heatherst@mystma.org)

[Chase Cayo-STMA Boys CC coach \(612-385-1515-cell\)](mailto:chaseca@mystma.org)  
[chaseca@mystma.org](mailto:chaseca@mystma.org)

**\*High School Course is two red laps for 5k**



**Middle School Course (3k)** → One loop of the 5k course then to the finish.

**Box Assignments:**

|          |                                       |           |                      |
|----------|---------------------------------------|-----------|----------------------|
| <b>1</b> | <i>Eden Prairie</i>                   | <b>8</b>  | <i>Forest Lake</i>   |
| <b>2</b> | <i>STMA</i>                           | <b>9</b>  | <i>Parnassus</i>     |
| <b>3</b> | <i>Blaine</i>                         | <b>10</b> | <i>Andover</i>       |
| <b>4</b> | <i>Robbinsdale Cooper</i>             | <b>11</b> | <i>Big Lake</i>      |
| <b>5</b> | <i>Minnetonka (G)/ Monticello (B)</i> | <b>12</b> | <i>Armstrong (B)</i> |
| <b>6</b> | <i>Champlin Park</i>                  | <b>13</b> | <i>Buffalo</i>       |
| <b>7</b> | <i>Maple Grove</i>                    | <b>14</b> | <i>Wayzata</i>       |

