



ANOKA CROSS COUNTRY 2019
1st ANNUAL STEVE HOAG
INVITATIONAL

Wednesday, 9/11/19

Anoka High School. 3939 N 7th Ave, Anoka, MN 55303

Coaches Meeting: 3:15PM.

Busses: Please refer to initial meet e-mail. Someone will direct you if needed.

Camp Area: Team camps North of course/West of tennis courts.

Teams: Anoka, Anoka Middle, Coon Rapids Middle, Cretin Derham-Hall, Irondale, Jackson Middle, Minnetonka, Moundsview, Northdale Middle, Oak View Middle, Osseo, Park High School, Park Center, Parnassus, Robbinsdale Armstrong, Robbinsdale Cooper, Roosevelt Middle, Spring Lake Park, St. Louis Park, St. Paul Como Park, St. Paul Johnson, STMA, Totino Grace, White Bear Lake Area.

Scoring/Results: Bob Schneider H51 Software, LLC/Gopher State Events, LLC.

Course/Lanes: Course maps and lane assignments available upon arrival.

***Each team can have up to 10 Varsity competitors. Awards will be handed out in the chute.

Race Schedule:	3:30PM	Girls Junior Varsity	5000 Meters
	4:10PM	Boys Junior Varsity	5000 Meters
	4:40PM	Girls Varsity	5000 Meters
	5:20PM	Boys Varsity	5000 Meters
	6:00PM	Middle School Race	3000 Meters

Awards:	Varsity	Medals to top 15
	JV	Medals to top 15
	MS	Ribbons to top 10

**Due to MSHSL rules there will be NO HIGH SCHOOL ATHLETES in what was formerly the "C" race. As there are some 6th grade athletes in this event - high school athletes are not allowed to compete against this age range in a MSHSL event. Please use discretion when entering athletes who may not be able to complete a 5K in under 35 minutes as we will try our best to stick to our time schedule.

*Please remind parents that there are no dogs allowed in the course area.

Please submit your entire team roster to: Bob Schneider H51 Software, LLC/Gopher State Events, LLC www.gopherstateevents.com

Thanks!

Contacts:

Sam Westerberg - Head CC Coach

sam.westerberg@ahschools.us

(763) 210-8798

Lance Wicks - Activities Director

lance.wicks@ahschools.us

(763) 506-6223

Sonia Six - Activities Secretary

sonia.six@ahschools.us

(763) 506-6380