Hudson Cross Country Invitational

Tuesday, September 21st, 2021

Where: Hudson Middle School - 1300 Carmichael Rd.

Time schedule:
3:50 - 9th grade Girls & Boys **ALL RACES ARE 5K**
4:30 - Girls Varsity
5:00 - Boys Varsity
5:30 - Girls JV
5:40 - Boy JV
6:20 - Awards

Participating schools: North, St. Thomas Academy, Chippewa Falls, Osseo-Fairchild, Hastings, Mahtomedi, South St. Paul, Menomonie, New Richmond, St. Croix Prep, Hudson, River Falls, E.C. North, Forest Lake, St. Paul Academy & Summit

Results: **raceberryjam.com**

Coaches meeting: 9:30am at the orange fence by the Packet Table near the finish area

Awards:
Plaques to the first place team
Medals to the first place team
Medals to the first 20 finishers in the boys and girls varsity
Ribbons to the first 20 finishers in the boys and girls JV & 9th grade races
Trophy to the winner of each race

Course record:
Boys - 16:04.3 Patrick Treacy, ECM 2014
Girls - 17.50.3 Aubrey Roberts ECM 2014

CHUTE ASSIGNMENTS:

Lane 1 - North
Lane 2 - St. Thomas Academy
Lane 3 - Chippewa Falls
Lane 4 - Osseo-Fairchild
Lane 5 - Hastings
Lane 6 - Mahtomedi
Lane 7 - South St. Paul
Lane 8 - Menomonie
Lane 9 - New Richmond
Lane 10 - St. Croix Prep
Lane 11 - St. Paul Academy & Summit
Lane 12 - Hudson
Lane 13 - River Falls
Lane 14 - E.C. North
Lane 15 - Forest Lake

BIB NUMBERS: Please pin the bib number to the front of the uniform. (pins provided)

Starting procedure will be the same one used in the WIAA Tournaments. The starter will not give instructions nor answer questions after the three-minute countdown. The information given over the public address system will be:

15 minutes to the start of the race
10 minutes to the start of the race
5 minutes to the start of the race
3 minutes to the start of the race
2 minutes to the start of the race - runners remove sweats, coaches vacate area
1 minute to the start of the race - runners may not leave the starting line.
30 seconds to the start of the race
15 seconds to the start of the race
10 seconds to the start of the race

The STARTER will then fire the gun when all runners are "MOTIONLESS AND SET"

2000 m
4000 m
FINISH
START
3000 m
1600 m
3200 m
800 m
1000 m
Vine St