

Section 6AAA CC Meet
Wednesday Oct 22, 2025
Gale Woods Farm,
7210 County road 110 West
Minnetrista Mn 55364

Races: **Varsity only**, Boys and Girls

Time Schedule:

1:40pm Early Release for Armstrong Athletes
2:00pm Bus Leaves Armstrong
3:10 Coaches Meeting
3:40 Boys 5,000 meters
4:10 Girls 5,000 Meters
5:05 + awards
Trophies to the top 2 teams and individual medals (9).
Medals to the top 6 individuals, plus any additional State Meet Qualifiers.
6:30pm Bus returns to Armstrong

NO DOGS ALLOWED AT GALE WOODS

Advancement from Section to State

Team: The first and second place teams from each section shall advance from each section.

Individual: The first 6 individual finishers from each section meet who are not members of the 1st & 2nd place teams.

Lane Assignments:--drawn at random.

School Jobs: Once again we are asking each school to perform a job so that the races are administered in an efficient manner. This job may be performed by a coach, assistant coach, parent or mature adult. Orange “**race official vests**” are available at the finish line.

Workers need to check in so we know a given area is covered.

2025 WORKER ASSIGNMENTS

VOLUNTEER WORKERS -- 1 PER SCHOOL

Armstrong

Course Control-far loop (2 mile mark)

Medals:

Medals (9 per team) will go to the first and second place teams.

Medals for 1st – 6th place must go to the **first 6 individual** finishers.

6 individuals not on a winning team advancing to the State Meet will also receive a medal.