

2023 Osseo Cross Country Invite

Thursday, September 28th 2023

Elm Creek Park Reserve (near picnic and beach area)
12400 James Deane Parkway
Maple Grove, MN 55369

Schedule

3:20PM: National Anthem at starting line
3:30PM: Boys C Race 5000M (unlimited)
4:00PM: Girls JV 5000M (unlimited)
4:35PM: Boys JV 5000M (up to 12 runners)
5:05PM: Girls Varsity 5000M (up to 10 runners)
5:35PM: Boys Varsity 5000M (up to 7 runners)
6:00PM: Co-Ed Middle School (2.5 K for **6th thru 8th grade only**)
6:30PM: Awards Ceremony by Osseo Tent

Course: 2 loop course (5K) for JV/ Varsity/C and one loop for middle school race 2.5K on the trails of the park

Awards: Beef jerky will be provided to winners of each race and varsity and JV team winners

- Varsity: Team trophy for winners, medals 1-10
- JV: Medals 1-5, ribbons 6-10
- Boys C Race: Medals 1-5, ribbons 6-10
- Middle School: Medals 1-5 and ribbons 6-10 (for each gender)

Coaches Snacks: Please stop by the “host” tent to help yourself to some beef jerky and cookies.

Timing: Pick up bibs and pins at the orange “host” tent and MTEC results will provide timing for the meet and results will be found at: <https://www.mtecresults.com/> . Craig Canham will be the starter.

Parking: buses can drop off teams at the race area in the park, but they must NOT park near the race area due to limited spectator parking. There is a bus lot directly east of the park chalet (across parkway) or park outside of the park due to limited parking. They can return for pick-up at 6:30pm or earlier if needed.

Restroom: There will be restrooms and porta potties near the parking lot for use.

Lane Assignments

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| 1. Rosemount | 14. DeLaSalle |
| 2. Anoka | 15. Robbinsdale Armstrong |
| 3. Rockford | 16. Elk River |
| 4. Avail Academy | 17. Simley |
| 5. Belle Plaine | 18. Park Center |
| 6. Academy of Holy Angels | 19. Parnassus Prep School |
| 7. STMA Middle School | 20. Osseo |
| 8. Heritage Christian Academy | 21. Northwest Nighthawks |
| 9. Centennial | 22. Irondale |
| 10. Providence Academy | 23. Hill Murray |
| 11. Coon Rapids | 24. Blaine |
| 12. Spring Lake Park | 25. Nativity of St. Paul/Brooklyn Center |
| 13. Robbinsdale Cooper | 26. Maple Grove |

Course Map



PARKING: 4 areas for spectators. Buses will park in lot in the bottom left corner of map across from the Chalet or outside of the park during the event.

