

2026 Season Schedule	
Mon August 17	Season Start date!! Meet at AVHS at 7:45
Wed August 19 All Athletes	Rollie Greeno Alumni cook out
Thru August 20-21	Team overnight
Thur Sept 3rd Varsity only	St. Olaf Kids arrive by 6:45 Bus leaves at 7:00 7:30 a.m. - Course opens for warm-ups; 9:30 a.m. - Girls 5K Race 10:30 a.m. - Boys 5K Race
Friday Sept 4th JV only 2023 Results	Irish Invitational Rosemount Kids arrive by 7:00 am Bus leaves at 7:15 am Races 8:05 am RAAA Youth Girls Mile (6th & Under) 8:15 am RAAA Youth Boys Mile (6th & Under) 8:45 am boys JV (2 miles) (unlimited entrants) 9:10 am girls JV (2 miles) (unlimited entrants) 9:35 am boys Frosh (2) (9th grade and under) 10:00 am girls C (2 miles) (unlimited entrants) 10:25 am boys C (2 miles) (unlimited entrants) 10:50 am girls Varsity (2 miles) (limit 10 entrants) 11:15 am boys Varsity (2 miles) (limit 10 entrants)
Friday September 11th All Athletes	Faribault invitational Kids dismissal at 1:25 Bus leaves at 1:45 3:15p Middle School Boys & Girls 2400m, unlimited entries/team 3:30p C Race Boys 2400m, unlimited entries/team 3:45p C Race Girls 2400m, unlimited entries/team 4:00p Varsity Boys 5000m, limit 7 runners/team 4:30p Varsity Girls 5000m, limit 7 runners/team 5:00p JV Boys 5000m, unlimited entries/team 5:30p JV Girls 5000m, unlimited entries/team 6:15p Varsity Awards, Packet pick up for all other awards
Thur Sept. 17th JV + most varsity	Burnsville Kids dismissal at 2:00 Bus leaves at 2:15

	Course: The meet will be held on the campus of Nicollet Middle School and Sky Oaks Elementary. The course is very spectator friendly with the majority of the race visible from a single vantage point. Spectator Parking: Available at Nicollet Middle School and the Burnsville Ice Center (251 Civic Center Pkwy, Burnsville, MN 55337) parking lot before 4:00pm. Due to construction projects in the Burnsville Ice Center area, there will be limited spectator parking available there until 4:00pm. Spectator parking is only available at Sky Oaks Elementary after 4:00pm. <u>Do not park at Sky Oaks Elementary before 4:00pm.</u> Sky Oaks Elementary needs to get their students on buses and out of the parking lot before spectators can park there. Race Times: 3:50 JV Girls 4:25 JV Boys 5:00 Combined Varsity Race 5:30 Awards 6:00/6:20 Elementary Race
Sat September 19th Select few Varsity members https://gophersports.com/sports/2018/5/21/sports-m-xc-spec-rel-roy-griak-invitational-hs-coaches-html	Roy Griak 9:00 AM - Lefty Wright Boys Maroon Competition 9:45 AM - High School Girls Maroon Competition 10:30 AM – High School Boys Championship Race 11:15 AM – High School Girls Championship Race 12:00 PM – High School Boys Gopher Competition 12:45 PM – High School Girls Gopher Competition 1:30 PM - Larry Zirgibel Boy's Gold Competition 2:15 PM - Gary Wilson Girls Gold Competition
Sat Sept 26th All runners	<u>60th Annual Metro Invitational- Under the Lights</u> Hosted by Eden Prairie High School and TC Running 5:30pm: Elementary (5th grade and younger)- 'Fun Run' race (1 mile) 5:50pm: Middle School Girls (6th-8th Grade)- Unlimited entries/school (3k) 6:10pm: Middle School Boys (6th-8th Grade)- Unlimited entries/school (3k) 6:300pm: JV Girls Red Race- Unlimited entries/school (5k race) 7:00pm: JV Boys Red Race- Unlimited entries/school (5k race) 7:30pm: JV Girls Black Race- Top 15 JV Girls entries/school (5k race) 8:00pm: JV Boys Black Race- Top 15 JV Boys entries/school (5k race) 8:30pm: Varsity Girls Race- 10 entries/school (5k race) 9:00pm: Varsity Boys Race- 10 entries/school (5k race)
DATE UNKNOWN All Athletes	Farmington Kids dismissal at 2:20 Bus leaves at 2:45

	JV Boys 4:30pm JV/Varsity Girls 5:10pm Varsity Boys 5:55pm Awards 6:20pm Where: Dodge Middle School 4200 208th St W, Farmington MN ATHLETE DROP OFF: 28 Pine Street Farmington This is the parking lot off County Road 50 (212th ST) East of Akin Road by the baseball fields.
October 6th All Athletes	Victoria Lions 1:00 Course Open 2:15 Coaches Meeting at finish line 3:00 Girls JV (unlimited) 5000 meters 3:50 Boys Varsity (10 entries) 5000 meters 4:30 Girls Varsity (10 entries) 5000 meters 5:05 Boys JV (unlimited) 5000 meters 5:45 Awards
October 14th All Athletes	Conference Bus leaves school at 8:30 09:30 a.m. Coaches' meeting 10:30 a.m. Boys JV Race (5000 m) 11:10 a.m. Girls Varsity Race (5000 m) 11:45 a.m. Boys Varsity Race (5000 m) 12:15 p.m. Girls JV Race (5000 m) Post-races Awards in school stadium
October ? Varsity athletes only	Valleywood Golf Course in Apple Valley Girls race at 11:30 Boys race at 12:15

[SSC Website South Suburban Conference](#)

