



60th Annual Metro Invitational- Under the Lights
Hosted by Eden Prairie High School and TC Running
Saturday, September 13th, 2025
Flying Cloud Fields - 15219 Pioneer Trail
Eden Prairie, MN 55347

Metro Invite- Under the Lights! We are looking forward to having you join us for a fast and fun atmosphere, competing under the lights at Flying Cloud Fields in Eden Prairie

Day of information:

- Gopher State Events will be timing the meet. Results can be found at <https://gsetiming.com/>
- Trainers will be on site, located near the finish line.
- Please come prepared with your own water and ice! There is no water access on site.
- *****Please direct spectators/families to park at Grace Church in their East Parking lot (9301 Eden Prairie Road). Spectators can easily walk over to Flying Cloud Fields or take the shuttle, provided by Southwest Transit*****
- ****Team tents CANNOT be staked into the grass on the fields!!****
- TC Running will be on site selling merchandise
- T-shirts will be available for purchase for \$20, while supplies last.
- There will be food trucks available during the meet. Chic-Fil-A, Red's Savoy, Pronto Pups, Pizza Karma, Del Sur Empanadas, Maui Wowi Smoothies, A Whale of a Treat (Ice Cream Truck), Dearest Baker (Dessert truck). Please let your families/spectators know that they can come hungry and grab dinner while they are watching the races!
- To add to the fast and fun atmosphere, we will have music playing all night!
- *****Please communicate to your families- there are no dogs allowed at the race course!*****

Race schedule:

5:30pm: Elementary (5th grade and younger)- 'Fun Run' race (1 mile)- This will not be chip timed for non-Eden Prairie student-athletes, so there is no registration required. First 200 finishers will receive light up glasses! Just show up on the line!

5:50pm: Middle School Girls (6th-8th Grade)- Unlimited entries/school (3k)

6:10pm: Middle School Boys (6th-8th Grade)- Unlimited entries/school (3k)

6:30pm: JV Girls Red Race- (Team race assignments listed on next page)

7:00pm: JV Boys Red Race- (Team race assignments listed on next page)

7:30pm: JV Girls Black Race- (Team race assignments listed on next page)

8:00pm: JV Boys Black Race- (Team race assignments listed on next page)

8:30pm: Varsity Girls Race- 10 entries/school (5k race)

9:00pm: Varsity Boys Race- 10 entries/school (5k race)

Awards:

- T-shirts will be presented at the finish line to the top fifteen finishers in the Middle School, JV, and Varsity races.

Entry Fee/ Deadline:

\$500 per school (\$250 Boys/ \$250 Girls)

Please make checks payable to: Eden Prairie High School Cross Country

*****Please note that entry fees are non-refundable for weather-related changes due to the complexity of this event.***

Questions??: Please contact Courtney Brandon, Eden Prairie High School Head Cross Country Coach: cbrandon@edenpr.org

JV Boys and Girls Red Teams		JV Boys and Girls Black Teams
Eden Prairie		Roseville
Chanhassen		Armstrong
Highland Park		Orono
Hopkins		Maple Grove
St. Paul Central		Hastings
Minnetonka		Champlin Park
Eastview		St. Louis Park
Minneapolis Southwest		Willmar
Eagle Ridge Academy		Chaska
Providence Academy		Northfield
Spring Lake Park		Mounds View
Cretin-Derham Hall		Bloomington Jefferson
Agape Christi		Apple Valley
TC German Immersion School		Two Rivers
Trinity at River Ridge		Wayzata
DeLaSalle		South St. Paul
Blaine		

CLICK HERE: [Starting line assignments for all races](#)

5k Course Map:



Middle School Course Map (3k):



Elementary Fun Run- 1 mile Course Map:



Spectator, parking, and drop off map:

