

## Race Schedule - Highland Park Cross Country 2024

Date	Time	Opponent	Who	Site
Aug 21	6:00 pm	The Preview Runners should arrive at 5:30 6:20 pm Boys/Girls 800m 6:30 pm Boys 1600 6:45 pm Girls 1600 7:05 pm Boys 3200 7:25 pm Girls 3200 7:40 pm Summer Awards Volunteers: Jessica Deegan, Ryan R, ...	All runners*	Location: Washington Tech High School
Aug 30	8:45 am	Irish Invite	All runners*	Rosemount High School
Sept 6	4:30 pm	<a href="#">St. Paul City Conference - 2 mile</a>	All runners*	HP Fields
Sat Sept 14	6:20 pm	<a href="#">Metro Invitational Under the Lights</a>  T-shirts will be presented at the finish line to the top fifteen finishers in the Middle School, JV, and Varsity races. There are <b>no dogs allowed</b> at the race course! There will be food trucks available during the meet (Red's Savoy, Chick-Fil-A, Taco Way, and Maui Wowi Smoothies)	All runners*	Flying Cloud Fields in Eden Prairie  15219 Pioneer Trail  Eden Prairie, MN 55347
Fri Sept 20	TBD	<a href="#">Roy Griak Invite</a> 1:30pm – HS Boys Championship Race 2:15pm – HS Girls Championship Race 3:00pm – HS Boys Maroon Race 3:45pm – HS Girls Maroon Race 4:30pm – HS Boys Gold Race 5:15pm – HS Girls Gold Race	Top 10	Les Bolstad Golf Course
Sat Oct 5	Early Departure - TBD	Alexandria Meet of Champions - full-day event - top 100 racers 6:30 am buses depart school 10:00 a.m. Coaches meeting in hospitality tent 10:30 a.m. Girls' Junior High race 10:50 a.m. Boys' Junior High race 11:15 a.m. Girls' Junior Varsity race 11:55 a.m. Boys' Junior Varsity race 12:30 p.m. Girls' Varsity race 1:05 p.m. Boys' Varsity race 1:35 p.m. Awards Program 2:00 pm buses depart	We bring up to 100 runners (so almost everyone)	Arrowhead Resort in Alexandria

Oct 15	3:30	<p><a href="#">St. Paul City Conference Championship</a></p> <p>All runners race.</p> <p>Varsity Boys: Mason, Jack, AJ, Theo, Noah, Cooper, Skipper</p> <p>Varsity Girls: GRace, Claire, Sam, Ellie, Zoe, Ingrid, Ruby</p> <p>Timing: John Magnuson MTEC</p>	All runners	Highland 9 Golf Course
Oct 24 Date is firm	TBD	<p>Section Championship</p> <p><a href="#">Race Info</a></p> <p>Spectator Info</p> <p><a href="#">Uniform Rule Emphasis</a> <a href="#">Race Map</a></p> <p>Each boys and girls team may enter up to 9 racers.</p> <p>The entire team attends and will be excused from class</p> <p>Up to 7 of the entries shall report to the start and run in the race.</p> <p>From the RD: Please note the prohibitions on headwear as well as on adornment like face paint, stickers, glitter, and so on.</p>	<p>Section Team is 9 runners - 7 runners will race</p> <p>All teammates may spectate.</p>	Valleywood Golf Course in Apple Valley
October 26	10:30 Girls 11:00 Boys	<p>Middle School Championship 3K</p> <p><a href="#">Race Info</a></p> <p>10:30 am Girls 3K</p> <p>11:00 am Boys 3K</p>	<p>7th and 8th graders not on the</p> <p>Wayzata East Middle School Section Team</p>	
Nov 2		<p>State Championship</p> <p>10:00 am Girls</p> <p>10:45 am Boys</p> <p>11:15 am Awards</p> <p><a href="#">Box Assignments</a></p>	Section Team	Les Bolstad Golf Course - U of M

\*[we won't put a runner in a race until we feel they are ready](#)

Save the Date -- Cross Country Banquet Nov 12