

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	St. Paul City Conference - 2 mile	All runners*	HP Fields
Sat Sept 14	6:20 pm	Metro Invitational Under the Lights T-shirts will be presented at the finish line to the top fifteen finishers in the Middle School, JV, and Varsity races. There are no dogs allowed 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	Roy Griak Invite 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	St. Paul City Conference Championship All runners race. Varsity Boys: Mason, Jack, AJ, Theo, Noah, Cooper, Skipper Varsity Girls: GRace, Claire, Sam, Ellie, Zoe, Ingrid, Ruby Timing: John Magnuson MTEC	All runners	Highland 9 Golf Course
Oct 24 Date is firm	TBD	Section Championship Race Info Spectator Info Uniform Rule Emphasis Race Map Each boys and girls team may enter up to 9 racers. The entire team attends and will be excused from class Up to 7 of the entries shall report to the start and run in the race. From the RD: Please note the prohibitions on headwear as well as on adornment like face paint, stickers, glitter, and so on.	Section Team is 9 runners - 7 runners will race All teammates may spectate.	Valleywood Golf Course in Apple Valley
October 26	10:30 Girls 11:00 Boys	Middle School Championship 3K Race Info 10:30 am Girls 3K 11:00 am Boys 3K	7th and 8th graders not on the Section Team	Wayzata East Middle School
Nov 2		State Championship 10:00 am Girls 10:45 am Boys 11:15 am Awards Box Assignments	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