

25th Annual Tom Watson Mustang Invitational Cross Country Meet

Saturday, September 24th

Meet Site – Anoka High School's Cross Country Course- adjacent to the high school

3939 7th Avenue, Anoka, MN 55303

Schedule of Events: **PLEASE NOTE CHANGE IN SCHEDULE OF EVENTS**

8:45am	Meet Worker Meeting at Finish Line
9:00am	Coaches Meeting at Starting Line area
9:30am	MS/JH Race-Girls Team and Open Girl's Race 3,200 meters (Unlimited entries)
9:55am	MS/JH Race-Boys Team and Open Boy's Race 3,200 meters (Unlimited entries)
10:20am	Green Race 3200-Girls Junior Varsity Girl's Race 3,200 meters (Unlimited entries)
10:55am	Green Race 3200-Boys Junior Varsity Boy's Race 5,000 meters (Unlimited entries)
11:20am	Green Race 5K-Girls Junior Varsity Girl's Race 5,000 meters (Unlimited entries)
12:00pm	Green Race 5K-Boys Junior Varsity Boy's Race 5,000 meters (Unlimited entries)
12:30pm	Gold Race- Girls Girl's Team Race 5,000 meters (top 10 entries)
1:00pm	Gold Race- Boys Boy's Team Race 5,000 meters (top 10 entries)
1:30pm	Varsity Race- Girls Girl's Team Race 5,000 meters (top 10 entries)
2:00pm	Varsity Race- Boys Boy's Team Race 5,000 meters (top 10 entries)
2:30pm	Awards Program – Gold & Varsity Races (start/finish area)

Guidance for races: Teams are being assigned to the Varsity (top 10 varsity who would have run varsity at Milaca) or Gold Race (next 10 runners after the top 10 who are likely running at Griak Friday. Coaches will place their athletes in the Green race (unlimited number of JV runners either at 5K or 3.2K) or the MS 3.2K races.

GOLD RACES

Avail Academy

Breck

Champlin Park

Coon Rapids

Cretin-Derham Hall

De La Salle

Divine Savior Holy Angels (g)

Fargo Davies

Math & Science Academy

Mpls Roosevelt

Minneapolis South

Mpls Southwest

Mpls Washburn

Minot (ND) (girls)

Mounds View (host)

Mountain Lake

Perham-Dent

Redwood Valley

St. Paul Academy

St. Paul Central

VARSITY RACES

Andover

Anoka

Blaine

Concordia Academy (RSV)

Eden Prairie

Edina

Elk River

Maple Grove

New Prague

Northfield

Osseo

Prior Lake (girls)

Robbinsdale Armstrong

Roseville

Stillwater (girls)

Tartan

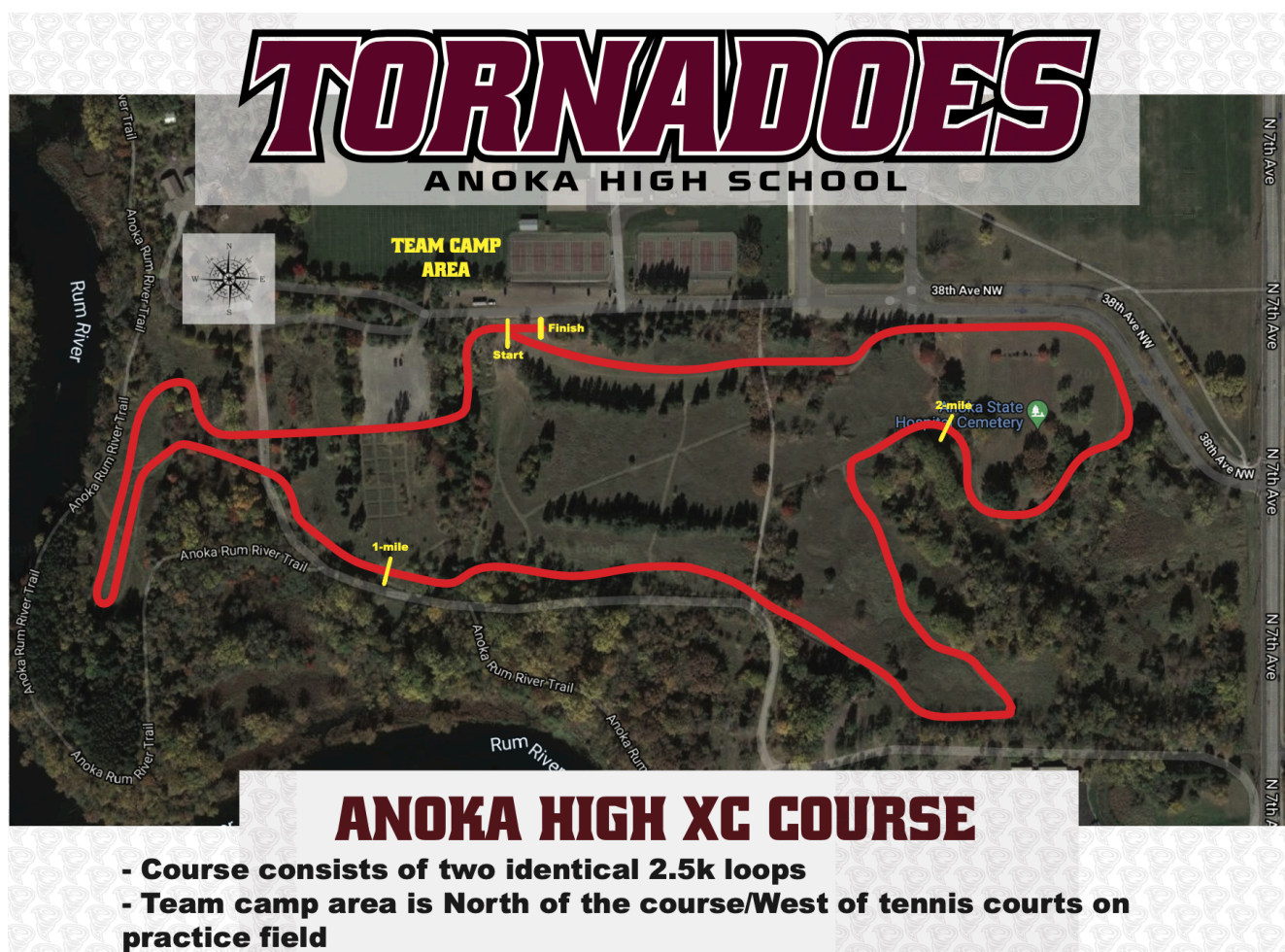
Visitation

Wayzata

Shorewood, WI (girls)

Trinity at River Ridge

White Bear Lake



- Course consists of two identical 2.5k loops
- Team camp area is North of the course/West of tennis courts on practice field