

40th ANNUAL MAYO CROSS COUNTRY
INVITATIONAL
EASTWOOD GOLF COURSE, ROCHESTER, MN

DATE: ***THURSDAY, SEPTEMBER 16, 2010***

TIMES:

Boys C-Race	-	3:50 P.M.	5,000 Meters	unlimited entries
Girls JV	-	4:20 P.M.	4,000 Meters	unlimited entries
Boys JV	-	4:50 P.M.	5,000 Meters	limit 15 runners
Girls Varsity	-	5:20 P.M.	4,000 Meters	limit 7 runners
Boys Varsity	-	5:45 P.M.	5,000 Meters	limit 7 runners
Open 5k	-	6:15 P.M.	5,000 Meters	– Open to anyone (free)

ENTRIES:

Varsity	7 Per Team		
JV	Boys - Max. 15 entries	Girls - Unlimited Entries	
C	Boys - Unlimited	Girls - No C Race	

AWARDS: Teams: Varsity- 1st and 2nd place will receive a TROPHY

Individual:

Varsity -	Top 10	- MEDAL
Varsity -	11 th -25 th	- RIBBONS
J.V. -	Top 5	- MEDAL
JV -	6 th - 15 th	- RIBBONS
C-Boys -	Top 10	- RIBBONS

RESULTS: There will be an awards presentation at the conclusion of the Boys Varsity Race and copies of the results for coaches.

Results will be posted on the Mayo CC website (click on Mayo Invite tab on the left) @ www.rochester.k12.mn.us/school109/mayoxc/

Race video will also be available a few days after the meet on the site.

Course: Rolling hills and is two loops. From the start line the course narrows to half the width of the starting line in less than 100meters.

- ** **ENTRIES:** Team Rosters will be sent to you for verification magically (Rosters are taken from the MN State High School League Website).
- ** Short sleeve T-shirts that were designed by a Mayo Student Athlete will be sold for \$12.00. Proceeds from T-Shirt sales help defray meet costs and benefit the Boys and Girls Cross Country programs at Mayo High School.
- ** The Rochester Track Club will sponsor an **OPEN 5K RACE** immediately following the high school events, coaches and parents are welcome to run.

Course Location & Parking

Eastwood Park is located off on the South side of Hwy.14 across from 36th Ave SE

*****No parking at Golf Course*****

- ** **Busses will park on in the Eastwood Park Parking Lot (South side) of Hwy 14.**
- ** **Spectator parking is in the lots on the north side of Eastwood adjacent to Highway 14 by softball fields and church. Police Officer will be at this location to assist people across the highway. (see map)**
- ** Cars blocking any roadways or driveways will be ticketed or towed.

FOR ADDITIONAL INFORMATION:

Brett Carroll	Boys & Girls Coach (507) 358-9134 or brcarroll@rochester.k12.mn.us
Jeff Whitney Mayo High School	Athletic Coordinator/Mayo High School #285-8788 Fax Number: (507) 529-4993