

41st ANNUAL MAYO CROSS COUNTRY INVITATIONAL
EASTWOOD GOLF COURSE, ROCHESTER, MN

DATE: ***THURSDAY, SEPTEMBER 15, 2011***

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|--------------|---------------|-----------|---------------------------------------|
| TIME: | 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) |

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|-----------------|---------|------------------------|---------------------------|
| 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

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|-------------|-----------|---|
| 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 |

Course:

Same course with 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.

FOR ADDITIONAL INFORMATION:

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

COACHES INFORMATION

- ** **ENTRIES:** Team rosters will be taken off of the MN High School League Web page and sent to you for verification. If you have questions contact Brett Carroll @ brcarroll@rochester.k12.mn.us
- ** **Chip Timing** – Please help yourself and us by looking over the roster and take out any runner who will not be participating so you don't have another chip to keep track of and return at the end of the meet.
- ** Schools will be charged \$10 per chip not returned.
- ** **The Race start/finish is at EASTWOOD PARK and goes around the 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.
- ** Spectators should be reminded that road must be clear for passage of emergency vehicles.
- ** Cars blocking any roadways or driveways will be ticketed or towed.
- ** T-shirts 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.
- ** Concessions along with a \$1 Meet Program containing all competitors and bib numbers will be available.
- ** 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 Eastwood Park

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

*No parking at Golf Course
3505 Eastwood Road SE
Rochester, MN 55901*