



**Fargo South / Andrew Carlson Distance Challenge
XC Meet
Wednesday October 17th, 2018**

Fargo South will again be hosting the Andrew Carlson Distance Challenge (ACDC) XC meet at Iwen Park (1209 52nd Ave S, Fargo, ND 58104).

Teams invited: North, Davies, Shanley, West Fargo, Jamestown, Sheyenne, Valley City and Fargo South (host).

1. Please email Jason Swier swierj@fargo.k12.nd.us or Dustin Swanson swansod@fargo.k12.nd.us to let us know your intentions to participate.
2. Maps will be forwarded and will be available at the race. There will be 2 races, all the girls followed by all the boys. Both Boys and Girls will run a 4k.
3. Ned Clapp will be timing the races. We will request a roster of all participating athletes. Please email rosters to Jason Swier by Friday, October 12th.
4. Please come dressed and prepared to run. There are no locker room or building facilities available at the park. Porta Potties will be available.
5. In order to maintain a good working relationship with the park district, we ask that you please clean up your camp.
6. Awards for top 20 in each race is a t-shirt. There will also be plaques for the winning team in the boys and girls divisions, and a cake for the school that scores lowest combined score in boys and girls race.
7. All seniors will receive a parting gift. Please email Jason Swier (swierj@fargo.k12.nd.us) with the number of seniors on your team.
8. Time schedule
 - a. 1:45 - Course is open to teams
 - b. 3:00 - Girls Race 4000m
 - c. 3:30 - Boys Race 4000m
 - d. 4:00 - Grade school 2000 meter run
 - e. 4:15 - AC/DC Individual & team awards
9. Please drop your athletes off on the frontage road off of University just outside the course. Your bus may park in the Rose Creek Golf Course parking lot on the gravel area.

Fargo South High School

10. Signs and volunteers will be present to help direct traffic and parking for spectators, and we ask that you respect the residential area. Please fill up the service road along University first, parking within the neighborhoods will be limited and marked in areas with no parking signs. Then utilize the parking space across the street where possible. **PARKING IS LIMITED**, please encourage drivers to carpool!
11. Entry fees will be \$50 for boys and \$50 for girls for a total of \$100 if both squads are running. No fee for the elementary race. Please make checks payable to: Fargo Public Schools. We would appreciate it if you would send the check to the high school. Fargo South High School, 1840 15th Ave So, Fargo, ND 58103. Attention: Twilla Floan.
12. Thanks to the Fargo Park District for allowing us onto their park.

Have a great day of racing and good luck!

Jason Swier and Dustin Swanson-Fargo South Cross Country Coaches