

SPARTAN DUALS CHALLENGE CROSS COUNTRY MEET

Information Letter

Date: Saturday, August 24th, 2019

Location: **Bluestem/Trollwood, Moorhead, MN** (801 50th Avenue South, Moorhead, MN 56560)

Race Times:

10:00	Varsity Boys	5k
10:45	Varsity Girls	5k
11:15	JV Boys	4k
11:45	JV Girls	4k
12:15	Middle School Boys and Girls	3k

Scoring:

A single race will be run for all runners in a given division, but team scoring will be in the form of duals, among the participating teams. The top five runners for each team will be counted, with the use of (ghost) runners for those squads with fewer than five.

Timing:

Metro Timing (Ned and Ben Clapp) will be doing the timing for us. Use the Athletic.net website to retrieve the names of your participants. Please enter your roster and entries on the Athletic.net site, on-line, by 6:00 pm on Thursday, August 23rd.

Awards:

Medals will be awarded to the top 10 in each of the six divisions

Entry Fee:

There will be an entry fee of \$75 for each of the girls' and boys' squads (\$150.00 per school if both boys and girls are participating). Payments can be made out to, and sent to:

Fargo North High School
ATTN: Travis Christianson
801 17th Avenue North
Fargo, ND 58102

Entries:

- 5k Varsity races will be limited to (#) from each of the schools entered
- 4k This race will allow unlimited entries for each school, with a request that those entered will be able to effectively finish the set distance.
- 3k While this race is intended for 7th and 8th grade runners, coaches will be permitted to enter older students if you believe it is the most appropriate placement. Only 7th and 8th grade runners will be awarded medals, however.

Please come dressed to run, as locker facilities are not available. Porta Potties will be available at the site. A Certified Athletic Trainer will be available, courtesy of Sanford Health Sports Medicine.

FNH Coaches' Contact Info:

Aaron Walker (Girls): walkera@fargo.k12.nd.us
Gary Mailloux (Boys): maillga@fargo.k12.nd.us