

CENTRAL CASS CROSS COUNTRY INVITATIONAL 2019



- DATE:** Tuesday, September 17th @ 4pm
- LOCATION:** Cottonwood Golf Course, Casselton
- DIRECTIONS:** Address: 302 6th Ave. S Casselton, ND 58012
The course is located in the middle of town. You will travel down Langer Ave. and turn West on 3rd St. South.
- DROP OFF/
BUS PARKING:** Athletes may be dropped off at the clubhouse and set up camp along the North and East sides of the course. Buses park in the lot **one block North of the clubhouse.**
- RACE TIME:**
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| Middle School (7 th - 9 th) Girls – 3K | 4:00pm |
| Middle School (7 th - 9 th) Boys – 3K | 4:25pm |
| Varsity Girls- 5K | 4:50pm |
| Varsity Boys – 5K | 5:20pm |
| Youth Run (4 th – 6 th) Boys & Girls – 1mi | 5:50pm |
- COURSE MAPS:** Course maps will be available inside the clubhouse.
- AWARDS:** All awards will be handed out at the finish line.
- ENTRIES:** Unlimited entries in all races. Coaches need to sign up or login to Athletic.Net to enter rosters and entries. Please contact Ned Clapp (nedclapp@cableone.net) if you have any questions.
- DRESSING:** Come dressed to race, as locker room facilities will not be available.
- TRAINER:** A Certified Athletic Trainer will be available near the finish line.
- ENTRY FEE:** \$25.00 per division or \$100 for all divisions. Make checks payable to **Central Cass High School**. Checks can be mailed to 802 5th St. N Casselton, ND 58012 Attn: Travis Lemar.
- OTHER NOTES:** There will be concessions available in the clubhouse.
Spikes may be worn.
Please instruct your athletes and fans to stay off the greens and tee boxes.
- CONTACT INFO:**
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