

CENTRAL CASS CROSS COUNTRY INVITATIONAL 2020



- DATE:** Tuesday, September 15th @ 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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| JH/JV Girls | 3K | 4:00pm |
| JH/JV Boys | 3K | 4:25pm |
| Varsity Girls | 5K | 4:50pm |
| Varsity Boys | 5K | 5:20pm |
- COURSE MAPS:** Course maps will be available inside the clubhouse.
- AWARDS:** All awards will be handed out at the finish line.
- ENTRIES:** Entries are limited to 7 runners per race. Coaches need to sign up or login to Athletic.Net to enter rosters and entries. Please contact Ned Clapp (nedclapp@cablone.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:** **Fans should wear masks and social distance when possible.**
No pets are allowed on the course.
There will be limited 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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