

SEC Week 3
CDH vs East Ridge vs Forest Lake
5K race
9/19/20

Race Site: St. Croix Bluffs Regional Park

Address:

10191 ST. CROIX TRAIL S.
HASTINGS, MN 55033

Park Website: <https://www.co.washington.mn.us/505/St-Croix-Bluffs-Regional-Park>

We will be using the Nordic Center trail head. Drop your team off in that lot, but have your driver park in the swimming pond lot until we are done with your session.

Parking: Buses along the loop road around the park.

Spectators: *No spectators only coaches, runners, and meet workers.* The park would really like us to limit this.

*There's a possibility that senior parents can work as course marshals if there is a need.

Bathrooms: We will have portable toilets available and labeled per team. Please make sure kids are not congregating in these areas...

Boys Races: Our starter will be Chris Babcock
Boys can start showing up at 9:00 am
Arrive at the starting line no earlier than 15 minutes

Race Times:

10:00 am Boys Varsity (Count: CDH - 6; East Ridge - 9; Forest Lake - 9)
10:25 am Boys JV- Fastest runners (Count: CDH - 2; East Ridge - 11; Forest Lake - 11)
10:30 am Boys JV- next fastest runners (Count: CDH - 4; East Ridge - 10; Forest Lake - 10)
10:35 am Boys JV- if needed (Count: CDH - 0; East Ridge - 23; Forest Lake - 0)
Boys must be cleared out of site by 11:30 am

Girls Races: Our starter will be Chris Babcock
Arrive at the race site no earlier than 1 hour before the event.. 11:30 am
Arrive at the starting line no earlier than 15 minutes

Race Times:

12:30 pm Girls Varsity (Count: CDH - 2; East Ridge - 11; Forest Lake - 12)
1:00 pm Girls JV - Fastest runners (Count: CDH - 2; East Ridge: 11; Forest Lake - 12)
1:05 pm Girls JV2 - (Count: CDH - 0; East Ridge - 4; Forest Lake - 21)
Girls teams must be cleared out by 2:00 pm

Camps: No tents: Set camps up on the north side of the pavilion.
See attached map for your team's location.

Social Distancing/Masks: Please make sure you are reminding your kids of social distancing while at camp and masks need to be worn at all times when not running.

Race Set-Up: Pete Wareham will be our timer for this meet. Be sure to have your spreadsheet filled out and returned to him by **noon on September 15**. Pete will have race bib assignments to us before the race. You should print those out and bring them to the race.

Results will be posted at www.advantagetiming.com.

All gender teams must be cleared out before the next team arrives.

Social Distancing/Masking: Coaches enforce with their athletes

Race Procedures: Please Go over with your athletes:

At the start runners will stand 3 meters (10') behind the starting line. Then they will be called to the start - Runners, to your marks.

When they are still I will blow a whistle to start the race.

At the finish runners should go through the finish line and out the back. Keep moving back to their respective camps.

Saint Croix Bluffs Regional Park
2019 - 5000 meter Cross Country Course

