
2021 MN XC Coaches Association Meeting

Monday, August 9, 2021
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Meeting Outline

1. 2021 Important Dates
2. Section & State Meets
 - a. Shift to 3 classes
 - b. Qualification to state meet
 - c. State meet schedule & details
3. Housekeeping Items

2021 Important Dates

First day of practice: Monday, August 16th

First day for competitions: Thursday, August 26th

Season ends: Saturday, November 6th (State meet)

Maximum number of competitions: 10

*Last day to hold Section competitions: Saturday, October 30th

Section Meets & Qualifying for State

Section meets to be conducted the week of October 24 - 30

Some sections will be conducting their meets jointly with others

Examples: 3AA & 3AAA at Valleywood, 2AAA & 6AAA at Gale Woods

Medals at Section meets will be the same as recent years

Qualifying for State:

Top 2 teams from each Section will advance

Top 6 individuals from a non-advancing team will advance

State Meet Schedule - Saturday, November 6th

9:30 am - Class AAA Boys

10:30 am - Class AAA Girls

11:15 am - Class AAA Awards

12:00 pm - Class A Boys

1:00 pm - Class A Girls

1:45 pm - Class A Awards

2:30 pm - Class AA Boys

3:30 pm - Class AA Girls

4:15 pm - Class AA Awards

State Meet Details

Site: St. Olaf College (3rd year of a 5 year contract)

Friday afternoon will continue to be open for teams/individual qualifiers to run the course

Tostrud Center (indoor track) will serve as space for team camps

Awards Ceremony will be held in the gymnasium as in years past

“Housekeeping” Items

State Rankings

AAA - Jamie Kirkpatrick (Edina) & Dave Emmans (Wayzata)

AA -

A - Howie Cook (Lake City)

All-State Awards: top 25 in each race at the state meet (same as in the past)

Section Reps: with 8 new sections added, we need to know who all of you are!
(See next slide for Google Form QR Code)

Section Reps

Go to the following Google Form and fill out the information:

<https://forms.gle/VEHJ2a9WEhGu6D6W8>

QR Code for same Form:



XC Coaches Advisory Group

Representatives from each class (2 per class for a total of 6)

President, VP/President Elect, Secretary

Looking for new coaches to get involved

Commitment: annual meeting with MSHSL prior to the start of XC season to discuss items of importance, 1-2 additional meetings as a group, e-mail exchanges when key events/issues come up

Final Notes

Interested in learning more about joining XC Advisory Group?

E-mail me at brandon.heebink@wayzataschools.org

End of season survey regarding the state meet

(specific sections do this already, I would like to do this for everyone)

MSHSL Cross Country page:

<https://www.mshsl.org/sports-and-activities/cross-country-running-boys>