**Goldenrod Conference**

**Cross Country Invite Information**

Thursday, October 5, 2023

@ Steepleview Golf Course 27608 467th St.

East side of Humphrey

\*I received no special parking instructions\*

* 2:00 HS Girls JV/Varsity
* 2:40 (approx.) HS Boys JV/Varsity\*\*
* 3:20 (approx.) JH Girls\*\* (approx. 2500 meters)
* 3:40 (approx.) JH Boys\*\* (approx. 2500 meters)

\*\*The race will begin as soon as everyone from the previous race is finished, no matter the time.

We will leave the school at 12:00. Dismiss for lunch at 11:30.

Top 15 **Varsity** finishers will receive medals. Top 10 junior high receive medals.

1st and 2nd place teams for Varsity will receive plaques.

NOTE: Please stay off of the greens and tee boxes!

Uniform rules will be enforced. Spikes no longer than ½ inch

If you have any questions after school hours, feel free to call me.

My cell phone # is (402) 322-0075.

Coach Melissa McIntosh