**WELCOME TO LAKEWOOD HILLS PARK**

**HOME OF WHITE BEAR LAKE CROSS COUNTRY**

**CONFERENCE CC on OCTOBER 14, 2019**

Some meet information for each team:

\* check-in at finish line to verify your current email for results

\* please have all your athletes with name tags or **maybe a better option** write their name on back of hand (if you need a pen ask at the finish line)

\* race length is 2000 meters for all races

\* race times will be as follows

3:45 6th grade boys

4:00 6th grade girls

4:15 7th grade boys

4:30 7th grade girls

4:45 8th grade boys

5:00 8th grade girls

\* awards will be given to top finishers in all races.

Medals for places 1-5 and ribbons for places 6-20.

\* we will have a bike rider to lead and follow the racers

good luck and thanks for bringing your team

Tom Paulson meet manager