



Flandreau Invitational Cross Country Meet

Saturday, September 19, 2020

Dear Athletic Directors and Coaches:

This is information for the Flandreau Invitational CC Meet.

The meet will be held behind the Flandreau High School in the FB Stadium area.

*****Note***** The meet will finish on the track, because of this we are requesting that athletes **do not run in spikes** for this meet.

Schedule:

10:00 – JV Girls’ – 4000 meters

10:30 – JV Boys’ – 4000 meters

11:00 – Varsity Girls’ – 5000 meters

11:30 – Varsity Boys’ – 5000 meters

Awards: These will be received at the Finish Line immediately following the races.

- JV Runners will receive medals for 1-5 places.
- Varsity runners will receive medals for 1-10 places.

Team Scoring: We will score the top 4 runners in each division with 2 pushers. Each division will have unlimited entries with runners 7+ not factored in team scoring.

Entries: South Dakota schools make sure you have your rosters up-dated on the Athletic.net website by Wednesday. Coach Streitz (Meet Director) will get your rosters from there.

*We will send out Competitor #'s on Friday the 18th around 12:00.

Schools Invited: Flandreau, Dell Rapids, Baltic.

Parking: Parking is available on the East side of the Elementary School (N. Wilson St.), along W. Bridge Ave, and also the Elementary School Parking lot (not as close).

Thank You, and please pass this info on to anyone attending the meet. See you on the 19th.

*****Note***** The meet will finish on the track, because of this we are requesting that athletes **do not run in spikes** for this meet. We do not want your athletes to have to switch to track spikes for the meet and we do not want to police spike length.