*C:\Users\rschulz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5T6LXDOU\MC900150155[1].wmfNorm’s Invite*



**Friday, September 11, 2015**

Time: 4:15 p.m.

Teams: Andover, Blaine, Cambridge-Isanti, Centennial, Chisago Lakes, Duluth East, Hibbing,

Forest Lake\*, Princeton, Mora\*\*, North Branch, North St. Paul, South St. Paul, Roseville\*\*

\*Girls only \*\*Boys only

Location: Isanti Middle School – 201 Centennial Drive, Isanti MN 55040

**Directions**: Take Hwy. 65 from the north or south to Isanti; at stoplight, go west on Co. Rd. 5. Isanti Middle School is 1.2 miles down on left side. Parking directions will be emailed week of meet.

Entries: 9 varsity runners – 5 to score a team, Unlimited JV and MS – 5 to score a team.

Awards: Ribbons 1-20 for all races Junior High through JV, Varsity: Medals 1-10, ribbons 11-20

Championship **plaques** for varsity, JV and middle school boys and girls teams.

Trainer: A trainer will be on-site during the meet.

Race Order: 4:15 start, rolling 1. 7-8 Boys/C Race \*3200 meters \*approximate

2. 7-8 Girls/C Race \*3200 meters \*approximate

3. Varsity Boys 5000 meters

4. Varsity Girls 5000 meters

5. JV Boys 5000 meters

6. JV Girls 5000 meters