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

**Friday, September 9, 2016**

Time: 4 p.m.

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

Forest Lake, Princeton, Mora, North St. Paul, South St. Paul

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. Please drop your runners off at the school; parking will not be allowed in the school parking lot until 3:30 p.m.

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.

**THERE WILL BE CONCESSIONS AT THE MEET!!!**

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

Race Order: 4 p.m. start, rolling 1. 7-8 Boys/C Race \* 3000 meters

2. 7-8 Girls/C Race \* 3000 meters

3. Girls Varsity 5000 meters

4. Boys Varsity 5000 meters

5. Girls JV 5000 meters

6. Boys JV 5000 meters

\*approximate

C Race: Any runner, per coaches’ opinion, that may benefit from a race and is not yet able/ready to

finish the 5K in a timely fashion. This race will still be scored solely as a 7-8 race with them

also receiving the awards. The results may be sent out the following day.