

# MINNESOTA STATE UNIVERSITY MOORHEAD 5<sup>th</sup> ANNUAL DRAGON TWILIGHT

FRIDAY, SEPTEMBER 6th, 2019

## SITE

Bluestem Center for the Arts  
801 50th Ave S, Moorhead, MN 56560

## SCHEDULE

**4:00 PM – Girl's Middle School 3000m**  
**4:30 PM – Boy's Middle School 3000m**  
**5:00 PM – Girl's JV 4000m**  
**5:30 PM – Boy's JV 4000m**  
**6:10 PM – Girl's - Terry Harrington 5000m**  
**6:50 PM – Boy's - Terry Harrington 5000m**  
**7:30 PM - Women's - Randy Smith 4000m**  
**8:10 pm - Men's - Fred Dahnke|6000m**

## COLLEGE ENTRY

All entries must be submitted on-line at [www.directathletics.com](http://www.directathletics.com).  
Unlimited entries will be allowed. No additions, changes, or substitutions will be allowed on the day of the meet.

## HIGH SCHOOL ENTRY

All entries must be submitted on-line at [www.athletic.net](http://www.athletic.net)  
Varsity races will be limited to 10 athletes per team, per gender.  
Unlimited entries will be allowed for middle school and JV races. No additions, changes, or substitutions will be allowed on the day of the meet.

**Entry Deadline: Wednesday, September 4th at 8:00pm.**

## ENTRY FEE

College Teams: \$150 per team (M/W combined \$300).  
High School Teams: \$100 per team (B/G combined \$200).  
*\*Checks should be made payable to MSUM Cross Country.*

## PACKET PICKUP

Beginning at 2:30 PM, team packets will be available for pick-up near the competition start-line. Race chips are embedded in the race number. To prevent damage to the timing chip, please instruct your athletes to NOT BEND or WRINKLE their numbers.

## EVENT CHECK-IN

Competitors should report to the start line 15 minutes prior to the start of their race.

## TEAM CAMPS

Team camps will be located in the grass/open space North of the start line.



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## RESULTS

Live results will be available at [www.herostiming.com](http://www.herostiming.com), or you can download the app "Hero's Timing" in the App Store for full live results.

## LIVE STREAM

The meet will be streamed live by Dragon Athletics at ...  
<https://portal.stretchinternet.com/msum/index.htm>

## AWARDS

Individual awards will be presented to the Top 10 finishers in each race. Team trophies will be awarded to the top varsity boys and girls, and college men's and women's teams.

## ATHLETIC TRAINING

MSUM Athletic Trainers will be present throughout the collegiate meet. Student athletes in need of specific treatments should provide written instructions from their sports medicine staff indicating treatment protocols.

Questions regarding athletic training services should be directed to:

Andrea Scott  
Phone: 218.477.2626  
Email: [scotta@mnstate.edu](mailto:scotta@mnstate.edu)

## LOCKERROOMS

There are no shower facilities/locker rooms on site. Designated locker rooms for visiting teams/athletes and showers are located in the Nemzek Hall on the campus of MSU Moorhead. Please provide your own locks and towels. No items should be left unattended in the locker rooms.

## FOOD SERVICE

Local food trucks will be on-site throughout the event

## COURSE

3000m = 1 x 2k + 1 x 1k  
4000m = 2 x 2k  
5000m = 1 x 2k + 1 x 1k + 1 x 2k  
6000m = 3 x 2k

## QUESTIONS

Ryan Milner  
Minnesota State University - Moorhead  
Head Coach - Cross Country - Track & Field  
218.477.2185 - (office)  
719.588.8735 - (cell)  
[ryan.milner@mnstate.edu](mailto:ryan.milner@mnstate.edu)





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