

# CENTRAL CASS CROSS COUNTRY INVITATIONAL 2019



- DATE:** Tuesday, September 17<sup>th</sup> @ 4pm
- LOCATION:** Cottonwood Golf Course, Casselton
- DIRECTIONS:** Address: 302 6<sup>th</sup> Ave. S Casselton, ND 58012  
The course is located in the middle of town. You will travel down Langer Ave. and turn West on 3<sup>rd</sup> St. South.
- DROP OFF/  
BUS PARKING:** Athletes may be dropped off at the clubhouse and set up camp along the North and East sides of the course. Buses park in the lot **one block North of the clubhouse.**
- RACE TIME:**
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|-------------------------------------------------------------------|---------------|
| Middle School (7 <sup>th</sup> - 9 <sup>th</sup> ) Girls – 3K     | <b>4:00pm</b> |
| Middle School (7 <sup>th</sup> - 9 <sup>th</sup> ) Boys – 3K      | 4:25pm        |
| Varsity Girls- 5K                                                 | 4:50pm        |
| Varsity Boys – 5K                                                 | 5:20pm        |
| Youth Run (4 <sup>th</sup> – 6 <sup>th</sup> ) Boys & Girls – 1mi | 5:50pm        |
- COURSE MAPS:** Course maps will be available inside the clubhouse.
- AWARDS:** All awards will be handed out at the finish line.
- ENTRIES:** Unlimited entries in all races. Coaches need to sign up or login to Athletic.Net to enter rosters and entries. Please contact Ned Clapp ([nedclapp@cablone.net](mailto:nedclapp@cablone.net)) if you have any questions.
- DRESSING:** Come dressed to race, as locker room facilities will not be available.
- TRAINER:** A Certified Athletic Trainer will be available near the finish line.
- ENTRY FEE:** \$25.00 per division or \$100 for all divisions. Make checks payable to **Central Cass High School**. Checks can be mailed to 802 5<sup>th</sup> St. N Casselton, ND 58012 Attn: Travis Lemar.
- OTHER NOTES:** There will be concessions available in the clubhouse.  
Spikes may be worn.  
Please instruct your athletes and fans to stay off the greens and tee boxes.
- CONTACT INFO:**
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| Kimberly Nelson<br>Central Cass High School<br>Head Cross Country Coach<br><a href="mailto:Kim.nelson@k12.nd.us">Kim.nelson@k12.nd.us</a><br>School: (701) 347-5352 | Travis Lemar<br>Central Cass High School<br>Athletic Director<br><a href="mailto:Travis.Lemar@k12.nd.us">Travis.Lemar@k12.nd.us</a> |
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