

Class B East Region Cross Country Meet

Dear Cross Country Coach:

*Cooperstown will once again be the sight for the **Class B East Region Cross Country Meet on Saturday, October 20, 2018.***

This year's meet will start at 11:00 a.m. at the Cooperstown Country Club. There will be a coaches' meeting at 10:00 a.m. in the Club House.

Date: *Saturday, October 20, 2018*

Time: *11:00 a.m.*

Place: *Cooperstown Golf Course*

Races: *Gils Elementary 11:00 A.M.*

Boys Elementary 11:20 A.M

Girls Varsity 11:40 A.M.

Boys Varsity 12:20 P.M.

Distance *5000 M Girls Varsity*

5000 M Boys Varsity

Footwear: *Spikes can be used as all of the races are run on grass.
Remember to stay off ALL greens!*

Awards: *Trophies for top three teams in both boys and girls divisions.*

All-Region plaques will be given to the top 20 runners in each division

Runners Entered: *Teams may enter as many runners as desired.*

Scoring: *The top five runners will count for team score.*

We will be using the blind scoring system.

Please use mailing labels for name and school.

Dressing: *Come dressed for the race, as no facilities are available.*

You may use the locker rooms at the school.

Entry Fee: *\$50.00 per team entered. If boys and girls are entered from a school, the charge will be \$100.00. Checks should be made out to Griggs Co Central.
\$10 per runner if less than full team*

The course will be available for walking at least 1 hour prior to the start of the race, perhaps sooner.

Regional Cross Country T-Shirts will be available. Approximate prices will be:

Short sleeved \$ 10.00

Long sleeved \$ 15.00

Lunch will be available.

Bathroom facilities will be available outside.

Please stop and use the restrooms at the High School before coming to the golf club. The inside bathrooms will not be available at the golf course.

Good Luck to all and we look forward to seeing you there.

Invitations are being sent to the following schools:

Barnes Co., Carrington, Central Cass, Dunseith, Edgeley-Kulm, Ellendale, Four Winds/Minnewauken, Grafton, Griggs County Central, Hatton-Northwood- Thompson, Harvey-Wells Co, Hillsboro/Central Valley, Kindred, Lamoure-Litchville -Marion, Langdon Area, Larimore, Lisbon, Mayville-Portland CG, Medina-Pingree –Buchanan, New Rockford-Sheyenne, Northern Cass, Pembina County North, Richland, Rolla, Rugby, Sargent Central-Lidgerwood, Surrey, Velva, Warwick
If I have missed someone, please notify me so I can send an invitation.

Rick Anderson, GCC Cross Country Coach

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