

Sargent Central-Lidgerwood-Oakes
Cross Country Meets
Tuesday, September 22, 2020-Forman
Thursday, October 8, 2020-Lidgerwood, ND

To: Boys and Girls Cross Country Coaches/AD
From: Julie Colemer (Sargent Central AD), Brandon Schlenner (Lidgerwood AD)Sheila Anderson (Sargent Central/Head Coach), Alex Askerooth (Lidgerwood /Head Coach), Mark Wisnewski(Lidgerwood Coach)

Subject: Cross Country Invitation

Time: 4:00pm

Location: Forman Golf Course	Lidgerwood Golf Course
95 Hwy 11	633 1st St SE
Forman, ND 58032	Lidgerwood, ND 58053

Meet Schedule: JV Race (3000m) (girls and boys together if possible)
Girls Varsity Race (5000m)
Boys Varsity Race (5000m)

You may enter as many runners as you would like in the varsity and junior varsity races. No team scores will be kept.

Entry Fee: \$60 per school (covers all divisions). Checks to Sargent Central High School.

Awards: Medals awarded to top 10 finishers in varsity. Ribbons for the top 10 in JV.

Scoring: Teams should make sure all athletes wear a label printed with their name, division, and school.

Questions: Sargent-Central High School: 701-724-3205
Lidgerwood High School: 701-538-7341

If you plan to attend either meet, please contact Sheila by Friday September 18: (sheila.anderson1@k12.nd.us)