

August 26, 2016

Dear Coach:

The 41st Annual Menomonie Cross Country Relay meet will be held on Saturday, September 10, beginning at 9:30 a.m.

The meet will be run the same as in past years under the following format:

1. The meet is run relay style so that your 7th runner runs only against the 7th runner from the other schools, etc. With eight races, each participant has a chance for victory.
2. There will be one boys' division and one girls' division. The top two teams in each division will receive a trophy. The five best times of your eight runners totaled together will determine the team standings.
3. The top four individuals in each varsity race will receive medals.
4. We will hold two separate junior varsity races for the boys and girls who did not qualify for the top eight races. Places 1 through 15 will receive ribbons in these runs.
5. All of the races, boys and girls, will be held on the same 5000m course.

The time schedule for this year's meet is as follows:

9:00 a.m.	Coaches' meeting in the Fieldhouse near the finish line	Boys & Girls
9:30 a.m.	8th & 7th & 6th Runners Race	Boys & Girls
10:00 a.m.	5th & 4th & 3rd Runners Race	Boys & Girls
10:30 a.m.	1st & 2nd Runners Race	Boys & Girls
11:00 a.m.	Junior Varsity Race	Boys
11:30 a.m.	Junior Varsity Race	Girls
12:15 p.m.	Awards Ceremony	

We will need an entry fee of \$150.00 from schools entering both boys' and girls' teams in the meet and \$75 from schools entering one team to help defray the cost of awards and meet management.

Entries: We will be using AccuRaceTiming Company this year to time all the races. Your rosters will need to be entered at www.directathletics.com no later than **NOON** on **September 8th**. You will be able to pick up race packets near the finish line on race day.

Our fieldhouse (south end of the school) will be open at 8:30 a.m. on the day of the meet . Bathrooms will also be available in the fieldhouse area. Please park your buses in the south parking lot near the fieldhouse entrance.

Remind your athletes that there will be a concession stand on the meet grounds.

We will once again have the parents of a former MHS Runner at the meet creating customized meet t-shirts for sale if your athletes are interested.

We have enjoyed hosting this meet for the past 40 years, and I'm sure that there will be plenty of competition and excitement to make it fun for everyone again this year.

Best of luck in your season.

Sincerely,

Adam Topper, Meet Manager, Boys Head Coach
Craig Olson, Course Manager, Girls Head Coach
Menomonie High School



MHS CROSS COUNTRY COURSE - 2016