

## Cross Country 2020

Cross Country is offered only to students in 5th-8th grade this season.

### Running Clinics/Practices (at Silo): TBD

Please check the meets you plan to participate in. You are not required to participate in every meet (although that would be fantastic!).

----- **September 12, 10:00 a.m. RCLS**

Races take place on RCLS school grounds for the following distances.

5<sup>th</sup> - 1000 M

6<sup>th</sup> – 1500 M

7<sup>th</sup> – 2000 M

8<sup>th</sup> – 3000 M

----- **September 19, 10:00 a.m. East Lake Park, Winona**

Grass course, 1 mile

----- **September 18, 4:00 p.m. Silo**

Trail/Grass course approximately 1 mile for all age groups.

----- **September 26, 4:00 p.m. Hosted by Resurrection.**

Sekapp Orchard: 3415 Collegeview Rd E, Rochester, MN 55904

5<sup>th</sup>-6<sup>th</sup> - approximately 1 mile

7<sup>th</sup>-8<sup>th</sup> - 2 miles

----- **September 25, 1:30 p.m. Camp Omega, Waterville**

A scenic course through Camp Omega property. Requires advanced registration, please let Mrs. Anderson know by September 6 if you plan to participate in this meet.

4<sup>th</sup>-6<sup>th</sup> – 1500 M

7<sup>th</sup>-8<sup>th</sup> - 3000 M

<http://www.campomega.org/events/cross-country-race-invitational/>

Name: \_\_\_\_\_