

Cross Country 2021

Cross Country is offered to 5th-8th grade students; however, 3rd-4th grade students may participate if they want. For most meets, they will have to compete with the 5th grade groups. In some cases there may be races for the 3rd-4th grade.

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 11, 10:00 a.m. East Lake Park, Winona**

Grass course, 1 mile

----- **September 16, 4:30 pm at Rochester Central Lutheran School**

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

5th - 1000 M

6th - 1500 M

7th - 2000 M

8th - 3000 M

----- **September 23, 4:30 p.m. Hosted by Resurrection.**

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

5th-6th - approximately 1 mile

7th-8th - 2 miles

----- **September 25, 10:00 am at Silo**

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

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

A scenic course through Camp Omega property. Requires advanced registration, please let Mrs. Anderson know by September 10 if you plan to participate in this meet.

4th-6th - 1500 M

7th-8th - 3000 M

Name: _____