



25th Annual "Run of the Lakes"

Tuesday, September 17, 2019

Crown College Campus

6425 Co. Rd. 30, St. Bonifacius
(State Hwy. 5 to Co. Rd. 30)

3:15 Coaches Meeting

3:40 Junior High Boys' & Girls' (3000 meters)

4:10 Junior Varsity Girls' (5000 meters)

4:50 Junior Varsity Boys' (5000 meters)

5:30 Varsity Girls' (5000 meters)

6:15 Varsity Boys' (5000 meters)

7:00 Awards Ceremony

IMPORTANT - Online Entry:

Wayzata Results will provide the timing services using athletic.net for online entries. Please see attached document for entry instructions and if questions arise, please email ffentries@wayzataresults.com

Entry deadline is Saturday, September 14th at 8:00pm!

Results will be posted on www.wayzataresults.com

Lane Assignments:

Dassel-Cokato (1), Belle Plaine (2), Chaska (3), HLLW (4), Watertown-Mayer (5), Mankato East (6), Rockford (7), Chanhassen (8), LeSueur-Henderson (9) Buffalo (10) Waconia (11), Delano (12)

Awards: (Championship T-shirts)

1st Place Girls' Varsity and Boys' Varsity Teams

1st Place Girls' Varsity and Boys' Varsity Individual

1st Place Girls' J.V and Boys' J.V. Individual

1st Place Girls' Junior High and Boys' Junior High Individual

Bus/Spectator Parking:

Please park in the **Crown College front & back parking lots**, not the North Central Parking lot. The North Central District Office is not affiliated with Crown College and will ticket and tow unauthorized vehicles.

Trainer:

Certified Athletic Trainer from Twin Cities Orthopedics will be on site at 3pm.

Concessions & T-shirts:

Concessions and T-shirts will be available for purchase on site.

Entry Fee: \$200.00 *Payable to Waconia High School. Thank you.*

Questions:

Please do not hesitate to contact Jill Johnson, Waconia Activities Director at jrjohnson@isd110.org or at 952/442-0665 or Head Cross Country Coach Christian Gilbert at cgilbert@isd110.org

We look forward to hosting your team!