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Boys Coach	Jackson Lindquist	jackson.lindquist@delanoschools.org	218-355-1010						
Girls Coach	Amy Rieder	amy.rieder@delanoschools.org	763-486-7703						

Lake Rebecca Park - 9831 Rebecca Park Trail, Rockford MN

Team Camp - Hilltop Area near Single Track, Run - Deerwood trail loop

[Link to Map](#)

Notes

Limit of 150 runners at any one time. If more than 150, we must provide separate arrival times.

Limit of 25 runners at the starting line at one time. If more than 25, we must have staggered starts.

Delano is asking for no more than 2 spectators/runner.

All Teams must provide 1 coach to work at the finish line

Spectators shall not enter the start/finish area or team camps

Toilets are available at the race site

Coaches will make sure that teams are following all MDH & MSHSL guidelines while on-site.

No concessions will be provided.

Every student-athlete must provide their own "filled" water bottle(s)

Facemasks are required when social distancing measures cannot be maintained.

Busses can drop off kids at parking lot where the meet is being held (address above). If they could park down by the "beach parking lot" that would be great.

Proposed Schedule for Home Meets (Boys & Girls will flip-flop each event):

Girls

3:00 PM	Girls Arrive			
4:00 PM	Girls MS (Allow them to finish)	3000 m	25	Orange
4:20 PM	Girls Varsity (8 runners per team)	5000 m	25	Red
4:50 PM	Girls JV1 (8 runners per team)	5000 m	25	Blue
4:51 PM	Girls JV2 (8 runners per team)	5000 m	25	Green
4:52 PM	Girls JV3 (8 runners per team)	5000 m	25	Yellow
5:30 PM	All Girls exit the course and surrounding area!			

Boys:

4:00 PM	Boys Arrive			
5:30 PM	Boys Varsity (8 runners per team)	5000 m	25	Red
5:55 PM	Boys JV1 (8 runners per team)	5000 m	25	Blue
5:56 PM	Boys JV2 (8 runners per team)	5000 m	25	Green
5:57 PM	Boys JV3 (8 runners per team)	5000 m	25	Yellow
6:35 PM	Boys MS	3000 m	25	Orange
7:15 PM	All Boys exit the course and surrounding area			

* For Sept 1st and Sept 10th meet each runner needs a 1x3 address label with their name and school on it.

** Runners should go to their cool down area immediately after finishing their race. Do not wait around the finish line.