

**Thursday, September 24th WCC Dual Meet
Waconia Wildcats and Holy Family Catholic Fire
Location: Holy Family Catholic High School
8101 Kochia Lane, Victoria**

Athletic Director: Nick Tibesar, Assistant Athletic Director: Tim Triplett
Email: tibesarn@hfchs.org, triplett@hfchs.org
Phone: 952-856-1404

Holy Family Girls and Boys Head Cross Country Coach: Ron Hoffman:
Phone: 612-251-7454 Email: ronald_hoffman5@yahoo.com
Assistant Coaches: Jeff Lenzmeier, Kevin Schepers
Starter = Alex Krause
Lead Cart= Jorge Oconitrillo

Timing = Gopher State Events (www.gsetiming.com)
Registration = [Gopher State Events Website](#)

This is Holy Family Catholic's 1st Home Meet since 2003, so welcome to a part of history!

Specific Guidelines for Competition at Holy Family Catholic:

- 1- Start and Finish lines are located next to the water tower at the Holy Family entrance.
- 2- No more than 25 runners starting a race at any time.
- 3- Course: 5K Course for Both Varsity and JV Competitors. 2 loops around HF campus.
- 4- Teams do NOT have access to any indoor spaces.
- 5- Holy Family Catholic High School will provide sufficient numbers of portable restrooms, located by the Holy Family Tennis Courts, adjacent to the starting line.
- 6- Every student-athlete must provide their own "filled" water bottle(s). Holy Family Catholic will NOT provide water, or refills. Teams should also furnish their own ice and ice bags.
- 7- Holy Family Catholic High School is asking for a limit to the number of spectators at the meet, with no more than two spectators per runner.
- 8- Katie Strand from Ridgeview Medical will be the certified athletic trainer on staff, stationed near the Start/Finish Area.
- 9- Coaches will make sure that teams are following all MDH & MSHSL guidelines while on-site.
- 10- No concessions will be provided.
- 11- Spectators on the course must maintain a safe 6 ft. space between other themselves and other spectators. Facemasks are required when social distancing measures cannot be maintained.
- 12- No spectators allowed in the team camps, which are located next to the START line. As a courtesy to our Holy Family plant services please make sure to pick up all garbage from your camp. Thank You!

SCHEDULE

3:00 PM Teams Arrive
4:00 PM Varsity Girls 5000 m
4:30 PM Girls JV 5000 m - Wave 1
4:32 PM Girls JV 5000 m - Wave 2 (If Necessary)

5:00 PM Varsity Boys 5000 m
5:30 PM Boys JV 5000 m - Wave 1
5:32 PM Boys JV 5000 m - Wave 2 (If Necessary)

***NOTE: ATHLETES MUST RACE IN THEIR PRE-ASSIGNED WAVE BASED ON
GOPHER STATE EVENTS REGISTRATION.***

NO MEET-DAY CHANGES WILL BE ALLOWED.