

**To:** WDA Athletic Directors & Cross Country Coaches of High School and Junior High

**From:** *Mitch Lunde, Director of School Activities, Lance Gehring, Minot High Boys XC Coach, Carla Wahlund, Minot High Girls XC Coach*  
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215 2nd St. SE Minot, ND 58701

**Subject:** Minot High Cross Country 2018 Minot Invitational Cross Country Meet  
Souris Valley Golf Course

**Site/Directions:** Souris Valley Golf Course; 2050 14th Ave SW; Minot, ND 58701  
Teams must get on Burdick Expressway EITHER by heading W from Hwy 83 (Broadway) OR heading E from Hwy 2&52. Near the W edge of town; the golf course is on the N side of the road, across the RR tracks near Hwy 2.

**Schedule:**

Saturday, October 6

*11:00 AM START TIME.*

Elementary Girls & Boys (1,600 meters)

High School Girls (5,000 meters)

High School Boys (5,000 meters)

Middle School Girls (3,000 meters)

Middle School Boys (3,000 meters)

**Parking:** Bus parking is in the grass area just west of the golf course on the south side of the road.

Spectators park in the golf course parking lot and on either side of the nearby road.

**Registration:** Rosters due by **FRIDAY, Sept 28th @ NOON.** Minor changes can be made on race day.

Email, text, or spreadsheet to: **wahlund@midco.net**, phone: 701-721-4658. School Name, First Name, Last Name, Grade, Gender, Division in an email or spreadsheet.

\*\*\*A certified athletic trainer will be available near the finish.

**Team entry fee and team info:**

The clubhouse is only used for the coaches meeting and meet personnel. Please no athletes.

Please come prepared to clean up your team camps and ensure your athletes do so.

**All spectators and athletes should know to stay off of tee boxes and greens.**

**\$15 per runner up to \$75 per team. A total of \$150 if entering both a full boys' and a full girls' team. Make check out to: Minot High School Cross Country. Attention: Mitch Lunde, Activities Director.**