



Cambridge-Isanti Cross-Country Invitational

Thursday, September 5, 2013



Time: 4:15 p.m.

Teams: Andover, Blaine, Cambridge-Isanti, Centennial, Chisago Lakes, Forest Lake girls, Princeton, Mounds View

Location: Isanti Middle School – 201 Centennial Drive, Isanti MN 55040

Directions: Take Hwy. 65 from the north or south to Isanti; at stoplight, go west on Co. Rd. 5. Isanti Middle School is 1.2 miles down on left side.

Entries: 7 varsity runners – 5 to score a team, Unlimited JV and MS – 5 to score a team.

Awards: Ribbons 1-20 for all races Junior High through JV, Varsity: Medals 1-10, ribbons 11-20
Championship **plaques** for varsity, JV and middle school boys and girls teams.

Coaches: Backup scoring will be done by turning in athlete's names and places via envelopes to a scoring table. Please get these in asap. The **primary scoring** will be done by Jim Beecroft via computer. He will be using your roster registered on the MSHSL website. Double check your rosters. **If you do not have a middle school athlete registered through MSHSL website**, email these names to Josh Lowman at: jjlowman@cambridge.k12.mn.us
Complete results should be available immediately. Course maps will be available at the registration table.

Trainer: A trainer will be on-site during the meet.

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| Race Order: | 4:15 start | 1. 7-8 Boys | *2400 meters | |
| | | 2. 7-8 Girls | *2400 meters | |
| | | 3. Girls Varsity | 4000 meters | |
| | | 4. JV Girls | 4000 meters | |
| | | 5. Boys Varsity | 5000 meters | |
| | | 6. JV Boys | 5000 meters | *approximate |

Meet Fee: \$120. Fee may be brought the day of the race or mailed to: Activities Department, Cambridge-Isanti High School, 430 NW 8th Avenue, Cambridge, MN 55008

Questions? Call Josh Lowman, head cross country coach at 763-689-6441.