

Twin Ports Invitational Cross Country Meet

Friday, August 23, 2013

Site: Lester Park, 61st Avenue East and Superior St. , Duluth

Races will be run on the Lester Amity Ski Trails. Spikes can be used, but I would suggest that athletes also bring other shoes just in case. Trails are a combination of dirt, grass, and crushed rock with a few roots and rough patches.

Race Schedule:

10:00 Boys and Girls 3200 Meters (Grades 7-9)

10:30 Girls 4000 Meters Varsity, JV (Unlimited)

11:00 Boys 5000 Meters Varsity, JV (Unlimited)

Medals will be given to top 10 in Varsity races, ribbons to top 10 in Jr. High Race.

\$30 Entry fee should be made out to Duluth East Cross Country.

Please email roster to dhwicker5009@gmail.com by Thursday, August 22.

Questions: Use the email above or call (218) 525-5988.

Teams expected: Hibbing, Duluth Marshall, Lakeview Christian Academy, Denfeld, and East. If you know someone else interested, feel free to forward information.