

**2023 MACA Cross Country Invitational
Monday, August 28th, 2023**

Welcome to our MACA Cross Country Invite at Pomme de Terre Golf Course (3 miles southeast of Morris on Highway 9).

Coaches Mtg: 5PM near finish line.

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|------|-------------------------|--------|--------------|
| 5:30 | 7th grade boys & girls* | 2450 m | ribbons 1-15 |
| 5:50 | 8th grade boys & girls* | 2450 m | ribbons 1-15 |
| 6:10 | JV boys & girls | 2450 m | medals 1-20 |
| 6:40 | Varsity girls | 5000 m | medals 1-20 |
| 7:00 | Varsity boys | 5000 m | medals 1-20 |

there will be a split chute for combined races

7 medals for varsity team champs

Unlimited participants will be allowed in all races

All non-varsity races will run one 2450 meter loop. Boys & girls varsity run two 2450 meter loops (courses may vary).

Teams: Benson, Breckenridge/Wahpeton, BBE, LPGE, LQPV, Melrose, Minnewaska, NLS, Osakis, Paynesville, Sauk Centre, WCA, Border West, Ortonville, MACA

Water and Gatorade will be available for purchase.

You will receive a roster and map when you arrive with numbers for each participant. The number must be written legibly on the right hand of the runner

All rosters will be taken from the R-School/MSHSL website so be sure your entire team is entered on that website ASAP.

Porta potties will be available at the course. Please bring water for your team or plan to purchase at the event.

Entry fee of \$100 to Morris Area High School should be mailed to Blake Karas.
The fee is the same regardless of the number of runners.

Blake Karas
Morris Area Activities Director/Dean of Students
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MACA CC.

Pomme de Terre

7B, JV 2450 m.

Varsity 5000 m.

