

WEST CENTRAL CONFERENCE CROSS-COUNTRY MEET

Benson Golf Club

222 Atlantic Ave

Monday, October 16, 2023

Coaches Meeting: 3:30pm near the finish line

Start Time: 4:00pm

Races:	4:00	Girls Varsity	5000m	(2 laps)
	4:30	Boys Varsity	5000m	(2 laps)
	5:00	Girls & Boys JV	5000m	(2 laps)
	5:30	Girls & Boys Jr. High	3000m	(1 lap)

Awards: Varsity: All-conference medals for top 9 girls and boys
JV & JH: Top 10 finishers in each category will receive awards.
Team champions receive a Conference Champion Plaque

Teams: Benson/KMS, BOLD/BLHS, Melrose Area, Minnewaska Area, Montevideo,
Morris Area/Chokio-Alberta, Sauk Centre, West Central Area

Other Rules:

Coaches, please bring any lineup changes to the timing station at the finish line by 3:15.

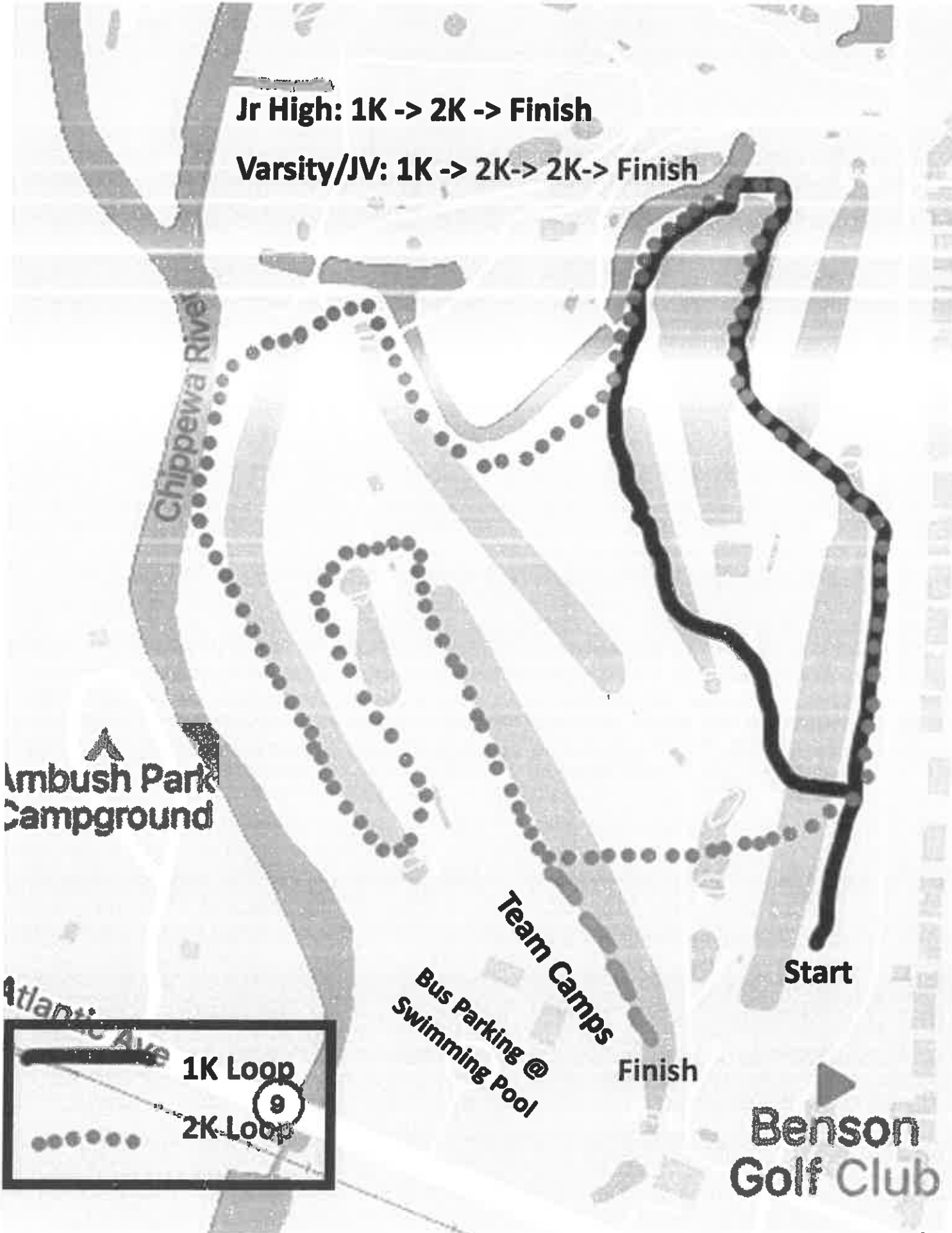
Results will be at rpmtiming.com

- Make sure your entries are entered on Athletic.net by the due date
- Varsity is limited to 7 entries. JV and JH are unlimited.
- See enclosure for the map of each race.
- Remind athletes to stay off the greens, tee boxes and sand traps.
- Porta-potties will be available on the golf course. Make camp under the trees by the finish line.
- Conference shirts will be available for pre-order. Please share the following link with your team:
https://www.companycasuals.com/crosscountry_westcentralconference/start.jsp
We will end ordering at 11:59 pm on October 10th, shirts will be handed out with team packets at the meet.

Questions: Call Benson Activities Director Jill Lipp 320-420-4104

Jr High: 1K -> 2K -> Finish

Varsity/JV: 1K -> 2K-> 2K-> Finish



Atlantic Ave

1K Loop

2K Loop

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