



Carrington Cardinals Cross Country Meet
Tuesday, September 1, 2020 at 2:00PM
Carrington Cross Roads Golf Course

Dear Coaches and Administrators,

Carrington High School will be hosting an invite only cross country on Tuesday, September 1, at the Cross Roads Golf Course. The meet will start at 2:00PM.

Meet Schedule:

2:00	JH/JV Girls 3K	(7 runners max from each team)
2:25	JH/JV Boys 3K	(7 runners max from each team)
2:50	Varsity Girls 5K	(7 runners max from each team)
3:15	Varsity Boys 5K	(7 runners max from each team)

***Entry Fee** - \$50/team (\$100 for both boys and girls (\$10.00/runner if less than 5 runners) check payable to CHS.

*Please come dressed for the race. Bathroom facilities are available, but there are no dressing rooms or showers at the course.

*Spikes may be used as all races are run on grass with short stretches of asphalt. Please stay off the GREENS and tee boxes.

*Please make sure each runner has a sticker that includes name, school, and grade.

*Awards will be presented in each division.

*Cross Roads golf course is located about 3/4 mile north of town.

(393 Highway 281 NE (652-2601)--Turn left at Farm Credit Services)

*After dropping off your athletes please park your bus/van in the parking lot south of the clubhouse. That location is by the golf cart sheds.

*Please email me if you plan to attend along with how many runners (up to 7) that you plan to run in each race. Karla.Michaelson@k12.nd.us

Karla's cell 701-652-5710. **Please let me know by Thursday, Aug 27 on the number of participants.**

We expect all fans to wear a mask during the meet. Fans are attending at their own risk. Make sure your parents know to have a mask with them to wear. Wearing a mask is better than having no spectators at all.

Karla Michaelson
Carrington Athletic Director

Josh Kerbaugh
Head Coach