

Bill Crosby
701-520-4056(cell)
sonofhosea@gmail.com

Dear Coach,

Aug 31, 2020

The Pembina County North Grizzlies will be hosting a cross country meet (Jason Shephard Invitational) on Thursday, September 17, 2020, at the Cavalier Country Club, approximately 5 miles west of Cavalier on Highway 5. There will be 5 races – Elementary race, boy's and girl's junior high and varsity – beginning at 4:00 pm. **(Jr high races may be combined based on the number of entrants.)**

Approximate Race Start Times:

4:00 pm Elementary race (1600 meters) Girls & Boys combined

4:25 pm Girls junior high (3000 meters)

5:00 pm Boys junior high (3000 meters)

5:35 pm Girls varsity (5000 meters)

6:15 pm Boys varsity (5000 meters)

- Awards to the top 20 in each race. However, there will be no team trophies.
- Please ensure all runners have name tags to hand to the finish line officials.
- Race Entries **MAY be limited to 7 runners** per team per division (except the Elementary Race) depending on the number of entrants.
- There will be **porta pottys** available at the golf course, but the clubhouse will be off limits.
- There will be no concessions available. (Sorry.)
- Please stay off all greens and tee boxes.
- Come to the event dressed and prepared to run as there are no locker rooms or dressing facilities available.
- **All spectators will be required to wear a mask when physical distancing is not possible. Otherwise spectators and runners are expected to stay 6 feet apart.**

Entry fee will be \$25 for each division you have runners entered or \$5 per runner if you have less than 5. No charge for elementary race. Checks are payable to Cavalier High School.

I would appreciate a response if you plan to attend.

Any questions? Please email sonofhosea@gmail.com or give me a call at (701) 520-4056.

Thank you,

Bill Crosby
PCN Cross Country Coach

Directions to the Cavalier Country Club:
<https://goo.gl/maps/XsgfBL4aUsmgsTYLA>

