

Saturday, September 5th, 2020 : The Cooperstown Invitational

The meet will begin at 10:30 p.m. at the Cooperstown Country Club. There will be 4 races run in the following order:

<i>Division:</i>	<i>Distance:</i>	<i>Times Approximate:</i>
<i>JH Girls</i>	<i>3000 m</i>	<i>10:30</i>
<i>JH Boys</i>	<i>3000m</i>	<i>10:55</i>
<i>Varsity Girls</i>	<i>5000 m</i>	<i>11:55</i>
<i>Varsity Boys</i>	<i>5000 m</i>	<i>12:25</i>

Awards - Top 20 in JH and JV will receive ribbons.

Top 20 in Varsity will receive medals.

Entry fee: \$25 per division/ \$100 maximum or \$10 per athlete , (payable to Griggs County Central)

Please note the following details:

- 1) The clubhouse will not be available, please use the porta potties, or you may stop at the high school and use the facilities before coming to the course.
- 2) There are unlimited entries, so the start line may be altered for distancing
- 3) Masks must be worn by all competitors at the start line and may be taken off once the race is started.
- 4) We will have a call to the start line 3 minutes before the start of the race. We ask that all sweats and clothing be left in your camp, and away from the start line.
- 5) We will be using numbers instead of name tags
- 6) Please send a roster of all runners by Wednesday Sept. 2
- 7) Please try to distance your camps, and try to warm up away from the start line
- 8) We ask that you try to limit the number of spectators
- 9) We ask spectators to stay away from the start and finish areas and also team camps as well

Thanks so for your cooperation, as we want all our athletes to have a chance to compete safely. Good luck and stay safe and healthy.

Rick Anderson
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