

Grafton Maroon and Gold Cross Country Meet- 2020

Dear Coaches and AD's,

Grafton High School will be hosting their annual cross-country meet this fall on Thursday, September 10th. The meet will be held at the Fair Oaks Golf Course in the northeast corner of town. After getting off the interstate, go north on Eastern Ave, turn east on 5th street to the course. Please park buses and school vans on the south side of the parking lot. **The course will be open to walk at 3:30pm.**

Meet schedule as follows:

4:15	JH/JV Girls Subvarsity	(10 runners max from each team)
4:45	JH/JV Boys Subvarsity	(10 runners max from each team)
5:15	Varsity Girls 5K	(10 runners max from each team)
5:45	Varsity Boys 5K	(10 runners max from each team)

The entry fee is \$50/team (\$100 for both boys and girls) and is payable to Grafton High School. Please make sure each runner has a sticker that includes name, school and grade that will be presented at the finish line. Entries are limited in each race.

Due to the circumstances, regarding Covid-19 we ask that only family members of runners attend.

No Pets are allowed on the course. Bathrooms will be located inside the clubhouse and port-a-pottys are found throughout the course. Limited concessions will be available. Come to the event dressed and prepared to run as there are no locker rooms or dressing facilities available.

Please email us if you plan to attend the meet: jon.koehmstedt@k12.nd.us (Grafton AD) and jeff.mckay@k12.nd.us (Grafton Head Coach).

Masks will be expected of fans and non-competing athletes when social distancing is not possible.

If you have any questions, please let me know.

Jon Koehmstedt
Grafton AD
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