

Metro West Conference
Cross Country Championships

Date: Tuesday, October 18, 2022

Schedule: 1:00 Course open
2:00 Coaches meeting (clubhouse)
2:45 Boys JV (unlimited entries) 5000 meters
3:30 Girls Varsity (10 entries) 5000 meters
4:05 Boys Varsity (10 entries) 5000 meters
4:40 Girls JV (unlimited entries) 5000 meters
5:40 Awards

Location: Hyland Greens Golf Course
10100 Normandale Blvd.
Bloomington, MN 55437

Meet

Manager: Scott Stallman stallmanscott@mediacombb.net
Chad Nyberg Director of Athletics Bloomington Jefferson

Start Line: Both genders; all races

Box – Team	Box – Team
1 BSM (Red Knights)	5 Jefferson (Jaguars)
2 Chaska (Hawks)	6 St. Louis Park (Orioles)
3 Waconia (Wildcats)	7 Chanhassen (Storm)
4 Orono (Spartans)	8 New Prague (Trojans)

Entries: WayzataResults.com (www.athletic.net)
Rosters are due no later than Saturday, October 15 at 8:00 p.m.

Scoring: Electronic chip timing, places and scoring provided by Wayzataresults.com. Camera backup will be used as the final determiner in cases where chips may be too close to determine places.

Awards: Team Championship trophy to the winner of both varsity races.
All-Conference to the top 16 boys & girls varsity athletes.
Honorable Mention to places 17 – 24 in each varsity race.

Games

Committee: Head coaches from Orono, Chanhassen, Jefferson & St. Louis Park along with the meet manager. The head starter, Craig Canham will serve as the meet referee.

Trainer: A certified trainer will be on-site beginning at 1:30

Uniforms: Refer to the 2022 NFHS rules and interpretations and the MSHSL uniform modifications. The MSHSL has ruled that meet management shall have authority regarding any rule modification on uniforms due to harsh weather conditions.

Electronic

Devices: MSHSL policies prohibit the use of electronic devices in competition areas. The competition area is the entire site except for team camps. Please be sure your athletes do not have cell phones, iPods and so on anywhere near the race course, starting areas and finish area at all times.

Course

Availability: The course will NOT be available to athletes or coaches prior to 1:00 on race day.

Parking: Spectator parking at Hyland Greens Golf Course and Normandale Methodist Church (church borders the golf course to the north on Normandale Blvd.) Buses should drop off at the course and park at the church.

Team

Camps: All camps must be located to the west side of the parking lot behind the portable bathrooms.

Pets and

Toys: Hyland Greens does not allow pets on the course. Please have your athletes advise their parents and other fans to leave pets at home. No objects such as footballs, soccer balls etc. are allowed at the competition.

Course

Cleanup: A garbage bag is provided in your packet to aid in cleaning your campsite.

Rules of

Conduct: The MSHSL Board of Directors has approved the following rules of conduct and expects meet managers to enforce them.

1. A runner shall be disqualified if a coach or other individual runs with or makes physical contact with her/him.
2. Coaches must be in a restricted area designated by a chalk line behind the runners at the start of a race.
3. Only personnel designated by the meet manager are permitted in the finish area.
4. No mechanical sounding devices (cow bells) may be used or time splits called by anyone other than official meet personnel.
5. Cell phones are not allowed in the competition area.
6. In accordance with the MSHSL, runners may not have headbands that are knotted, no body markings (eye black, magic marker etc.) are allowed and uniforms must conform to the Minnesota Modifications amendment. All watches are allowed.

Fan

Conduct: A reminder that we are guests at the golf course and everyone present at the meet is required to stay off the greens and out of the sand traps. Please use the waste receptacles provided for water bottles, food containers etc.

Rain Out

Date: Should the meet be rained out on the 18th it will be made up on Wednesday, October 19th. Please see attachment for further details.