

# 2010 Lakeville North Apple Jack Invitational Cross Country Meet



Date: Friday, September 16, 2011

Location: Aronson Park, Lakeville

## Important Meet Information

### ENTRY FEE:

\$185.00 per school (for both boys and girls teams) has already been paid prior to arrival.

### TEAM/ATHLETE REGISTRATION:

To get a form for entering your team on-line, please go to Cross Country page at [www.raceberryjam.com](http://www.raceberryjam.com) and click on the "Schedule" link at the left hand side of the page. Find our meet and click on "Coaches: [Click here...](#)" Next, you will need a Raceberry Jam password to submit your entries. Follow the instructions once you enter the site and you will get a password sent to you and continue from there. *Note : \*\*All entries are due by Monday, Sept. 12<sup>th</sup> by 12:00 p.m.*

### BUS ENTRANCE, DROP-OFF AND PARKING: \*\*\*\*\**Very Important!*\*\*\*\*\*

Please alert your bus driver that there will be no bus parking at the meet site. Bus drop off will be in the west parking lot (Quigley-Sime fields).

### Arrival and Drop-off:

**\*\*From the East on CR 50\*\*** You MUST enter the St. John's Church Parking lot (on the North Side of CR 50 across from Aronson Park) and DROP OFF there. There will be a *Safety Crossing Zone* for pedestrians to get to the south side—PLEASE USE IT. Busses MUST exit parking lot and GO WEST from there (NO LEFT TURNS). There will be volunteers there to meet and direct busses as they arrive.

**\*\*From the West on CR 50\*\*** You MUST enter the Quigley-Sime Parking lot (on the South Side of CR 50 adjacent to Aronson Park) and DROP-OFF there. Bus MUST exit parking lot and GO EAST from there (NO LEFT TURNS). There will be volunteers there to meet and direct busses as they arrive.

**Parking and Pick up: Busses will be required to go to the Lakeville North High School parking lot, (west on 190<sup>th</sup> St. to Ipava turn right (north) to North HS parking lot entrance on the right side. Busses must not enter Aronson Park for pick up until the conclusion of the last race.**

### DIRECTIONS:

Take Interstate 35 to the Lakeville area.

**From the North:** Take Highway 50 exit. Turn Left (E) on 50. Follow 50 east approximately 4 miles to Holyoke Ave. (fire station on NE corner). Continue straight approximately 1/3 mile towards Aronson Park on the right— follow meet parking signs.

**From the South:** Exit at 185<sup>th</sup> Street. Turn Right (E) on 185<sup>th</sup> street. Continue approximately 1 mile to Highway 50 (also Kenwood Trail Blvd). Turn Right (E) on 50. Follow 50 east approximately 4 miles to Holyoke Ave. (fire station on NE corner). Continue straight approximately 1/3 mile towards Aronson Park on the right— follow meet parking signs.

# 2010 Lakeville North Apple Jack Invitational Cross Country Meet



## TIMING:

Meet timing and scoring will be done by Apple Raceberry JaM, posted immediately following each race and on-line at [www.raceberryjam.com](http://www.raceberryjam.com) .

## PACKET PICK-UP:

Upon arrival at Aronson Park on race day, coaches please pick up your team packets at the Aronson Park shelter (closest to the Sabre Jet of the Veteran's Memorial). This will contain course maps, runner bibs, pins, meet schedules and starting box assignments lists.

## RACE SCHEDULE:

Start Time	Event	Distance	Number of runners per school
3:30 PM	Boys C Race	3,200 meters	No limit
3:55 PM	Girls C Race	3,200 meters	No limit
4:20 PM	Middle School Race	1 mile	No limit
4:35 PM	Girls Junior Varsity Race	4,000 meters	No limit
5:05 PM	Boys Varsity Race	5,000 meters	7 runners per school
5:35 PM	Girls Varsity Race	4,000 meters	7 runners per school
6:05 PM	Boys Junior Varsity Race	5,000 meters	No limit
6:35 PM	Kid's Fun Run	600 meters	--
6:45 PM	Awards Ceremony		

## COURSE MAPS: Links (tentative—weather/course conditions dependent)

Middle School Mile <http://www.mapmyrun.com/route/us/mn/lakeville/609125304091620428>

C Race 3200m <http://www.mapmyrun.com/route/us/mn/lakeville/393125304484542172>

Boys V and JV 5K <http://www.mapmyrun.com/route/us/mn/lakeville/938125306498719190>

Girls V and JV 4K <http://www.mapmyrun.com/route/us/mn/lakeville/906125306677424654>

## AWARDS:

Varsity Races: Plaques 1<sup>st</sup> -5<sup>th</sup> places, medals 6<sup>th</sup> -20<sup>th</sup> Places  
(T-Shirts to runners and coach of teams placing 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each varsity division)

J.V. Races: Plaques for 1<sup>st</sup> place, medals 2<sup>nd</sup> -10<sup>th</sup> places in each division.

C Races: Plaques for 1<sup>st</sup> place, medals for 2<sup>nd</sup> -10<sup>th</sup> places in each division.

Middle School Mile: Plaques for 1<sup>st</sup> place, medals for 2<sup>nd</sup> -5<sup>th</sup> places in each division.

## ANNOUNCER INFORMATION:

Please complete the "AJAnnouncer" form questions (attached) as an attachment or scan or e-mail the information no later than Monday, September 12<sup>th</sup> to Rich Heilman at [rjheilman@isd194.k12.mn.us](mailto:rjheilman@isd194.k12.mn.us)  
We need this information about your team so we can properly introduce each team and highlighted individuals in the meet before the varsity races. Please give us as much information as possible! The runners really appreciate the special attention for your extra work on this matter-- Thanks!

## Questions?

Please contact Lakeville CC Coaches

Rich Heilman (girls) cell: 952-451-3049 [rjheilman@isd194.k12.mn.us](mailto:rjheilman@isd194.k12.mn.us)

Ryan Rapacz (boys) cell: 612-747-1607 [rarapacz@isd194.k12.mn.us](mailto:rarapacz@isd194.k12.mn.us)

or

Cathy Comer (Lakeville North Activities Asst.) School #: 952-232-3620