

ST. VINCENT DE PAUL SCHOOL, AVE MARIA ACADEMY &
GENERATION ENDURANCE, PRESENT....



13th Annual All Parochial Open Cross Country Meet!

2019



Tuesday, Oct 1, 2019

What: 1 mile Varsity (7-8th) and 1 mile JV (4-6th)

Taste of CC 1/2 mile (K-4th grade)

Where: Fish Lake Park, Maple Grove***

Time: Registration Opens at 3:30PM

Boys JV - 4:30, Girls JV - 4:45, Family 1/2 - 5:00,

Boys V - 5:15, Girls V - 5:30

Who: All Parochial Open Meet, NSPSL & CAA

Cost: \$5 per individual or \$40 per non NSPSL team

***494 to Bass Lake Rd., W. on Bass Lake to park entrance ~ 1.2miles



Event Co-Sponsors: St Vincent de Paul School, Ave Maria Academy & Generation Endurance

Questions - Pam Baker (612)940-3149

Please pre-register individuals or teams via email by 9-28 to PamBaker@GenerationEndurance.com



13th Annual GENERATION ENDURANCE
St Vincent de Paul School & AVE Maria Academy PRESENT:

All Parochial Open Cross country Meet
Tuesday, October 1st, 2019

Welcome! This meet is meant to provide 4-8th grades students a valuable opportunity to have a positive and quality experience in cross country. We encourage hard effort, character and good sportsmanship.

Schedule of Events:

- 3:30 Registration Opens
- 4:10 Coaches Meeting in Pavilion
- 4:20 Words of Encouragement
- 4:25 Prayer / Star Spangled Banner
- 4:30 Boys JV, 4th-6th Grades (coaches discretion)
- 4:45 Girls JV, 4th-6th Grades (coaches discretion)
- 5:00 Taste of Cross Country Family 1/2 Mile (invite your families to participate)
- 5:15 Boys V, 7-8th grades
- 5:30 Girls V, 7-8th grades
- 6:00 Awards

Cost:

\$5 per individual entry or \$40 for a team (one fee to include boys and girls). **NSPSL schools are exempt from the race entry fee.** Please make checks payable to “Generation Endurance” and bring or remit to:

Generation Endurance
6640 Jonquil Ct
Maple Grove, MN 55369

Registration:

In order to provide most efficient support to your athletes, it is imperative to have team rosters uploaded to the google doc at least 3 days prior to race day. Link provided in email sent week prior to meet. If you did not see an email request from google docs, please email PamBaker@GenerationEndurance.com.

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Course:

One mile (wheel and GPS acquired distance) for both boys and girls courses. One loop, primarily paved park trail with a grassy start. It is nearly impossible to get lost on this course. EVERY turn is guided and sectioned off with flags. See enclosed course map.

Awards:

Creative awards for top 5 in each of the following categories - JVG, JVB, VG, VB.

Meet Scoring:

- * Each participant will receive a sticker to wear during the race - that will include the following information: **Name, Grade and School**. Upon finishing the race, the stickers will be placed on the finish line record sheet prior to leaving the chute.
- * Team Scores will be tabulated using the MSHL rules scoring the top 5 athletes

Results:

Awards ceremony will acknowledge the top 5 finishers in each race and will begin at approximately 6:00. A complete list of results will be send via email to coaches within one week of race completion.

Other Items:

- * Bathrooms are available in the facility near the finish line.
- * Food and water available after athletes finish - please encourage your athletes to respect the park and dispose of trash properly and to limit their intake so all may enjoy.
- * Please be sure to pickup your camps prior to departing the meet, placing bottles, papers and other disposable items in the containers at the picnic area.
- * NOTE that parking does fill up. Let your athletes families know NOT to park in the DOG PARK PARKING lot. TRPD staff will be on site to direct parking as the lots fill.

Invitation to next year's meet:

Please let me know as son as possible about your plans for 2018. If there is anything we can help you with, please let us know,

Race Director:

Pam Baker - 612-940-3149 (c) PamBaker@GenerationEndurance.com

Past Participating Schools:

St Vincent de Paul - SVDP

Sacred Heart School -SACR

St Alphonsus - STA

St Patricks - PATS

Heritage - HER

North Heights Christian - NHC

Community of Saints - COM

Providence Academy - PROV

St Ambrose - AMB

St Alphonsus - SA

Epiphany - EPI

Avail - CC

St Raphaels - RAPH

St John Baptist - SJB

Ave Maria - AVE

Groves Academy - GROVES

Nativity - NAT

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of Participants in 2018:

JV Girls = 45 JV Boys = 52

V Girls = 40 V Boys = 49

Family Fun Run = 35

TOTAL ATHLETES = 221

Historical Meet Finishes - Girls

Year	JV Girls	V Girls	Girls V Team
2007	Amy Gasperlin, 5th - SVDP - 7:23	Katelyn Fritz, 8th - Meadow C - 6:32	N/A
2008	Marissa Kuik, 5th - Meadow C - 6:38	Amy Gasperlin, 6th - SVDP - 6:11	N/A
2009	Katelyn Gasperlin, 4th - SVDP - 7:12	Amy Gasperlin, 7th - SVDP - 6:20	N/A
2010	Shealynn Laney, 4th - SHM - 7:10	Amy Gasperlin, 8th - SVDP - 6:19	St Vincent de Paul
2011	Gabby McDonald, 4th - EPI - 6:52	Michaela Brands, 8th - SVDP - 6:13	St Vincent de Paul
2012	Ella Young, 5th - PATS - 6:13	Jessica Forbes, 7th - MAR - 6:14	St Vincent de Paul
2013	Rachel Zastoupil, 6th - EPI - 5:59.***	Katelyn Gasperlin, 8th - SVDP - 5:58**	St Patricks
2014	Simone Lundquist, 6th - HER - 6:34	Sophie Rabins, 7th - STM - 6:03	St Patricks
2015	Emma Kelly, 6th - PROV - 6:11	Emilie Meyer, 7th - SJB - 5:40***	St Patricks
2016	Mary Carter, 5th - STA - 6:42	Emilie Meyer, 8th - SJB - 5:28***	Heritage
2017	Mary Carter, 6th - STA - 6:40	Gina Solberg - 8th - HER - 6:13	St Vincent de Paul
2018	Camille Friden, 4th - SVDP - 6:44	Maddie Larson - 7th - SVDP - 6:26	St Vincent de Paul
2019	YOUR ATHLETE HERE!!!!!!	YOUR ATHLETE HERE!!!!	YOUR SCHOOL HERE!!!!

*** indicates meet record

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Historical Meet Finishes - Boys

Year	JV Boys	V Boys	Boys Team
2007	Nicholas Manciu, 6th - PROV - 6:21	Jackson Richards, 7th - SA - 6:17	N/A
2008	Nate Williams, 5th - SVDP - 6:37	Peter McGrane, 8th - NAT - 5:49	N/A
2009	Jayden Walsh, 5th - SVDP - 6:26	Christian Smith, 7th - SVDP - 5:59	N/A
2010	Paul Breitbach, 5th - EPI - 6:08	Jayden Walsh, 6th - SVDP - 5:33	Benilde St Margaret
2011	Paul Breitbach, 6th - EPI - 5:53	Michael Volk, 8th - SVDP - 5:46	St Alphonsus
2012	Andrew DeRuyter, 6th - MAR - 5:46	Paul Breitbach, 7th - EPI - 5:31	St Alphonsus
2013	Brian Brown, 6th - EPI - 5:30.6***	Tait Saterbak, 8th - PATS - 5:33	St Patricks
2014	Liam Carney, 5th - PROV - 6:00	Brian Brown, 7th - EPI - 5:26***	St Patricks
2015	Liam Carney, 6th - PROV - 5:30***	Evan Jacobson, 8th - HER - 5:28	Calvin Christian
2016	Connor Faust, 6th - PATS - 5:48	Anthony Weeks, 8th - PATS - 5:16***	Calvin Christian
2017	Jacob Rizema, 5th - CC - 5:56	Josiah Schaap - 8th - CC - 5:29	St Patricks
2018	Aidan Miller, 6th - PATS - 6:17	Connor Faust - 8th - PATS - 5:38	St Patricks
2019	YOUR NAME HERE!!!!!!	YOUR NAME HERE!!!!!!	YOUR NAME HERE!!!!!!

*** indicates meet record

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Meet Records

	Meet Record	Race	2018 Results
Varsity Girls	Emilie Meyer, 8th - SJB - 5:28 (2016)	Varsity Girls	Maddie Larson - 7th - SVDP - 6:26
		Team, Girls	St Vincent de Paul, Brooklyn Park, MN
Varsity Boys	Anthony Weeks, 8th - PATS - 5:16 (2016)	Varsity Boys	Connor Faust - 8th - PATS - 5:38
		Team, Boys	St Patricks, Hudson, Wisconsin
JV Girls	Rachel Zastoupil, 6th - EPI- 5:59 (2013)	JV Girls	Camille Friden, 4th - SVDP - 6:44
JV Boys	Brian Brown, 6th - EPIPH - 5:30 (2013) Liam Carney, 6th - PROV - 5:30 (2015)	JV Boys	Aidan Miller, 6th - PATS - 6:17