



TUESDAY OCTOBER 29, 2019

National Sport Center in Blaine
1800 109th Ave NE - Field 27 Blaine, MN

- 3:30 TEAM CHECK IN
- 4:00 COACHES MEETING
- 4:20 PRAYER / STAR SPANGLED BANNER
- 4:30 GIRLS V (LIMITED TO 7 ENTRIES FROM EACH SCHOOL)
- 4:45 BOYS V (LIMITED TO 7 ENTRIES FROM EACH SCHOOL)
- 5:00 CO-ED JV 1 MILE (UNLIMITED ENTRY)
- 5:30 AWARDS AND CELEBRATION

RACE QUESTION PLEASE DIRECT TO PAM BAKER,
PAMBAKER@GENERATIONENDURANCE.COM

NSPSL Cross Country Championships 2019

Remember that this event is hosted by the NSPSL league but guided by our collection of participating coaches and schools. PLEASE read through the following information, questions can be directed to PamBaker@GenerationEndurance.com. Thank you for your help, input and shared passion for this beautiful sport.



TUESDAY OCT 29TH, 2019

Schedule of Events (based on SUNSET of 6:07PM):

- 3:30 Team Check in
- 4:00 Coaches Meeting
- 4:20 Prayer / Star Spangled Banner
- 4:30 GIRLS Varsity (Limited to 7 entries from each school, 4-8th grades)**
- 4:45 BOYS Varsity (Limited to 7 entries from each school, 4-8th grades)**
- 5:00 Co-Ed JV 1 mile - unlimited entry, 4-8th grades NOT participating in Varsity**
- 5:30 Awards

Registration:

PLEASE be sure your team / athletes rosters are updated on the google doc. (Need access - contact PamBaker@GenerationEndurance.com)

Please note that your athlete MUST have participated in at least 2 NSPSL events to be eligible for VARSITY entry into the NSPSL Championship meet

Eligibility:

Any athlete, grade 4-8, who has participated in AT LEAST TWO of our season NSPSL hosted meets is eligible to participate and score in the VARSITY event meet. If a school has athletes who have not participated in ANY meets or has only participated in one meet they are **only** allowed to participate at the JV level (not eligible for team scoring or varsity awards).

Awards:

- * NSPSL Awards Top 12 V Girls, Top 12 V Boys and Trophy to winning teams.
- * No awards for the co-ed JV event

Meet Scoring:

- * Each participant will receive a BIB NUMBER with a sticker to wear during the race - that will include the following information: **Name, Grade and School**. Upon finishing the race, the BIB tear offs will be collected prior to leaving the chute
- * Team Scores will be tabulated using top 5 finishers and provided after the race.

Results:

- * Will be provided to coaches and league AD by 3PM the day following meet

Photos:

- * Will be posted on the www.generationendurance.com website and via facebook @ Generation Endurance

Volunteers:

- * ALL TEAMS are expected to provide volunteers to support this event.
- * ALL TEAMS should help with clean up and take down
- * EACH SCHOOL should bring a food item for the group, qty of 36 of either cookies or fruits

Other Items:

- * No spikes
- * No waiver
- * Bathrooms are PORTABLE units that have been rented by the league to support our athletes.
- * 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.

NSPSL INDIVIDUAL CHAMPIONS 2018:

Girls - Mary Carter, St Alphonsus - 6:13.06

Boys - Johnny Hagen, AVAIL Academy - 5:30.09

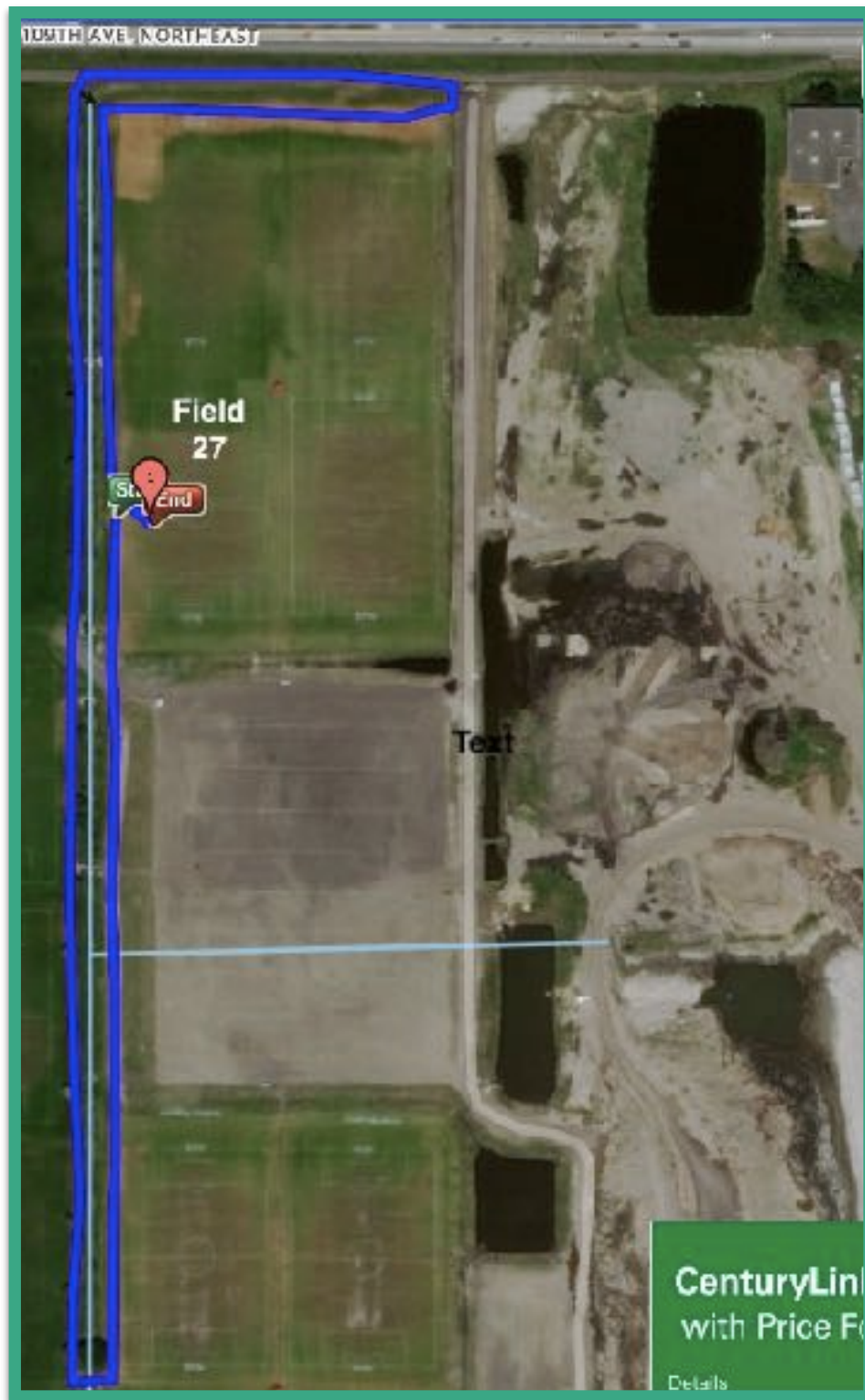
NSPSL TEAM CHAMPIONS 2018:

**Girls Team Winner - St Vincent de Paul
Coach Pam Baker**

**Boys Team Winner - AVAIL Academy
Coach Jon Kroeze**

Course:

One mile (wheel, GPS, and MapMyRun used to acquired triple check on distance). Small, tight looped course at the National Sports Center in Blaine. EVERY turn will have a course marshal and the lead will be guided by a biker. See enclosed course map.





HWY 65

HWY 65

HWY 35W

Start and Finish of Race

Park Here in Lot C

RADISSON RD

109th AVE

105th AVE

DAVENPORT RD

DAVENPORT RD

Victory Links Golf Course

Victory Links Clubhouse

Super Rink

Welcome Center

Sports Expo

NSC Darrist

NSC Weidorn

Indoor Sports Hall

Blue Building

Lot B

Lot C

Lot E

Lot A

Lot D

Lot H

Lot H

Lot I

Lot M

Lot G

Lot J

S1

S2

S3

S4

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