

Central Lakes Conference Cross Country Meet

Tuesday, October 20th, 2026

Course Location: Greenwood Golf Course 1361 Swenson Rd NE, Bemidji, MN 56601

Teams attending: Alexandria, Bemidji, Brainerd, Detroit Lakes, Fergus Falls, Rocori, Sartell, Sauk Rapids-Rice, St. Cloud Apollo, St. Cloud Tech, Willmar

Cross Country Meet Time Schedule:

2:00 Course Opens
2:30 Coaches Meeting
3:00 Boys JV - 5000m
3:30 Girls JV - 5000m
4:05 Boys Varsity - 5000m
4:35 Girls Varsity - 5000m
5:05 MS Boys - 3200m
5:30 MS Girls - 3200m
6:00 AWARDS

Awards:

- Varsity Championship Team Trophy All-Conference Awards to the top 20 varsity finishers
- Honorable Mention to 21-30 varsity finishers Plus 1 at large Honorable Mention runner per school if desired
- Junior Varsity and Junior High top-15. (Ribbons will be given at the finishing chute, and names will be announced at the Awards Ceremony if time and daylight allow)

Awards Ceremony. Awards will be presented on the elevated area to the North of the clubhouse.

Team Rosters/Results: The race will be timed by Hero's Timing. Results will be available at:

<https://live.herostiming.com>

Please enter your team roster on athletic.net by Sunday, October 18th at 7pm. Remember that you can enter up to 8 runners in the varsity races with all other races having unlimited entries.

Packet Pick-up: Coaches can pick up their packets at the registration table near the clubhouse when you arrive.

Rules Committee: Detroit Lakes Coach, Bemidji Coach, Sartell Coach

Parking: Buses should drop teams off on the road along the E Side of the golf course and park along the road. Do NOT enter the golf course parking lot. Parking will be limited. Please encourage spectators to carpool out to the course as parking is along Swenson Road.

Facilities: Porta-Potties will be in the parking lot area. Concessions will be available.

Sports Medicine: An athletic trainer from Sanford Orthopedics & Sports Medicine will be available to athletes in the finish area.

Championship Apparel: ?

Starters: Steve Sneide

