

# 2023 Raider Cross Country Invitational

Friday, October 6th, 2023  
West St. Paul Sports Complex  
1650 Oakdale Ave, St Paul, MN 55118

## Check In

Check-in will be located under the main shelter between the softball fields **beginning at 3:20pm**. Coaches will receive a packet with name tags and course maps. Coaches should be the ones checking in their team rather than each individual runner. Coaches are free to lead their teams on a walkthrough of the course, but should be off the course by 3:55pm.

## Order of Events

4:00pm	3rd-4th Grade Girls (1 Mile)
4:20pm	3rd-4th Grade Boys (1 Mile)
4:40pm	5th-6th Grade Girls (1 Mile)
5:00pm	5th-6th Grade Boys (1 Mile)
5:20pm	7th-8th Grade Girls (1.75 Miles)
5:40pm	7th-8th Grade Boys (1.75 Miles)

\* Some races/divisions may be combined based on the number of runners registered.

## Course Maps

Here you will find the [1 Mile Map](#) and the [1.75 Mile Map](#). Both races will start and end in the same place. The 1.75 Mile Route follows the same route as the 1 Mile race, with an extra lap in blue. Limited copies of these maps will be available the day of the meet.

## Awards

Individual awards will be given to the top 6 finishers of each race. We plan to hand these awards out during the race directly following it. For example, 3rd-4th grade girl awards will take place during the 3rd-4th grade boys race. Team results will be sent out to school athletic directors after the meet. No team awards will be given.

## Parking

Parking for about 200 vehicles is available on site. There is also some street parking available on Wentworth Ave (north side of the park). Consider carpooling if you are able. There is construction on Oakdale Ave, so be aware of that.

## Registration

Please register your team [using this spreadsheet](#). Schools should be sure to register their team ON THEIR SCHOOL'S TAB. Please **register your team by Wednesday, September 27th.**

## Cost:

Cost for the meet is \$15 per school. Please make checks payable to Crown of Life, and send to Jared Matthies, 115 Crusader Ave W, West St. Paul, MN 55118 prior to the meet. Thank you for taking care of this ahead of time!