

Jim Flim Invite

St. Mary's College – Winona Minnesota

September 21, 2024

- Directions:** From I-90-
- Take Exit 252, Follow MN 43N to US 14W in Winona, Turn left onto MN 43N, At the traffic circle, take the 3rd exit onto US 14W/US 61N, Use the left 2 lanes to turn left onto US 14W, Destination will be on your left
 - Saint Mary's University of Minnesota-Winona, 700 Terrace Heights, Winona, MN 55987
 - Please use the map on the bottom of the sheet for parking

Emergency #: Coach Wagoner- (605) 838-5149

Teams: Belle Plaine, Cotter, Dover-Eyota, Faribault, Kingsland, Lewiston-Altura/R-P/H, La Crosse Logan, Onalaska, Owatonna, Pacelli, RAACHE, Rochester Century, Rochester John Marshall, Sioux Falls Jefferson, United South Central, Wabasha-Kellogg, Winona

Schedule:

Friday- 11:00 a.m.- Dismissed from School, Bus leaves at 11:15 a.m., Be dressed to practice right off the bus
Stop at Blue Earth Rest Area to stretch legs
Approx. 3:30 p.m.- Practice At St. Mary's Course
6:00 p.m.- Check in to Riverport Inn and Suites
6:30 p.m.- Supper at Sammy's Pizza
9:00 p.m.- Team Meeting
10:30 p.m.- Lights out

Saturday- 7:30 a.m.- Breakfast at the Hotel
8:00 a.m.- Load Bus
8:15 a.m.- Bus Leaves for Course
10:00 a.m.- JV Boys (5k) – Palmer? Rozmiarek, Kalhoff, Haila
10:30 a.m.- Var. Girls (5k) – No Entry
11:10 a.m.- Var. Boys (5k) – Borchers, Hyronimus, Sjomeling, Wagoner, Carlson
11:40 a.m.- JV Girls (5k) – Wigg
12:15 p.m.- Awards
12:30 p.m.- Lunch at Subway
Approx. 5:00 p.m.- Arrive back at Jefferson

Remember:

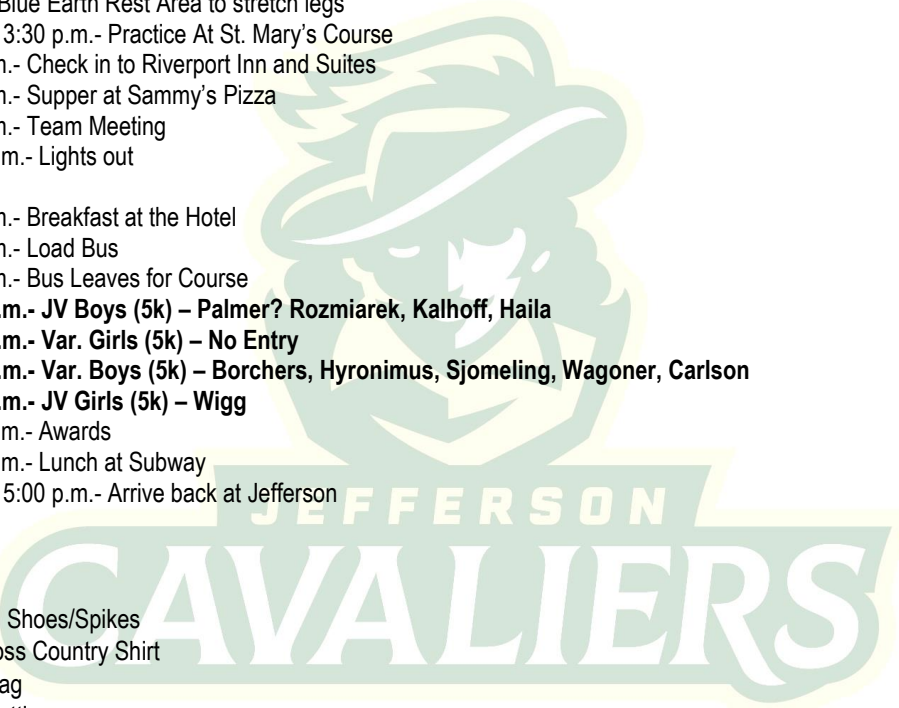
- Uniform
- Training Shoes/Spikes
- JHS Cross Country Shirt
- Team Bag
- Water bottle
- Warm-up Pants/Jackets
- Extra Socks/Extra Shoes
- Money for Lunch on Saturday and drink/snack on the stop home

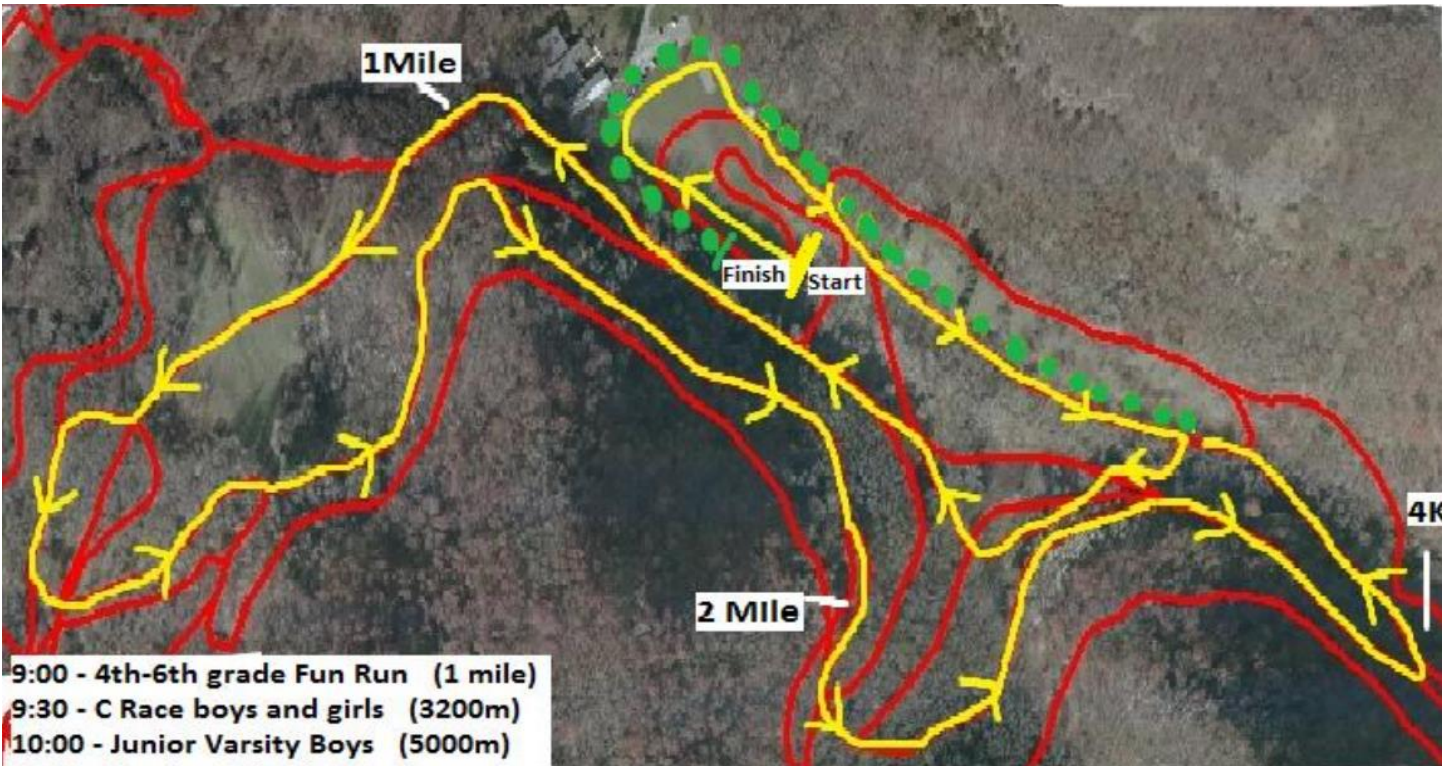
What we will provide:

- Water
- Gatorade
- Supper on Friday night, Breakfast on Saturday

Thought for the meet:

Great opportunity to race different competition and race a fun course. This is a true cross country meet. Enjoy the experience and the trip with your teammates.





- 9:00 - 4th-6th grade Fun Run (1 mile)
- 9:30 - C Race boys and girls (3200m)
- 10:00 - Junior Varsity Boys (5000m)
- 10:30 - Varsity Girls (5000m)
- 11:10 - Varsity Boys (5000m)
- 11:40 - Junior Varsity Girls (5000m)

5,000 meter course

