



Cross Country Running

Who: 3L – 4R Scholars (2021-2022)
Where: Meet in Gymnasium Vestibule
When: Monday – Friday, 3:45-5:15 p.m.
Dates: August 16th – November 6th
Coaches: Mr. Hauge & Magister Sage
Cost: \$240 (*max family cost \$920*)

Scholars in cross country compete in an MSHSL sport that is flexible to suit the needs of all athletic abilities. Most competitions will offer SOL level, junior varsity, and varsity races. All running backgrounds are welcome, but scholars will be expected to run five to six days per week during the season. The typical varsity/junior varsity race is five kilometers (\approx 3.1 miles) with shorter races available for SOL athletes (1 - 2 miles). Competitions are held on golf courses, parks, school grounds, etc. Cross country is a sport that promotes goal setting, personal achievement, comradery, and school spirit!

Tentative Meet Dates:

Friday August 27th – Intersquad Scrimmage at Elm Creek

Thursday September 2nd – Princeton Invitational

Saturday September 11th – Monticello Invitational

Monday September 20th – Meet at Park Center (*2R and under*)

Saturday September 25th – Milaca Mega Meet

Thursday September 30th – Osseo Invitational at Elm Creek

Monday October 4th – STMA Invite

Monday October 25th – Lefty Wright Grade Level Challenge at Robbinsdale Armstrong (*JV*)

*Thursday October 28th – Section 5A Championships at St. Paul (*varsity only*)

*Saturday November 6th – Class A State Meet hosted by St. Olaf (*varsity must qualify*)

Registration:

To register, please fill out the attached paperwork. Forms and payment should be submitted to the SOL/SOR office and are required before this activity begins (you may request online payment by contacting the office). *Note: Physical exams are active for three years.* An additional set of forms is required when renewing a physical. Contact the school athletic director with any registration questions: mangold@parnassusprep.com

Cross Country Questions:

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