



# RIVER FALLS HIGH SCHOOL—ACTIVITIES

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Coaches,

We are again excited about hosting the Extreme Cross Country Meet on **8/24/2023**. This meet is designed primarily as a fun and unique experience for runners. We like to think of this race as more of a scrimmage due to the water and mud obstacles. However, we will be timing and scoring the races.

We will be separating into four races this year with the varsity separated from the JV. Each team may have up to 10 runners in the varsity meet and the JV will be unlimited.

## **Race Times:**

Girls Varsity	4:00
Boys Varsity	4:30
Girls JV	5:00
Boys JV	5:30
Spectator Race	6:00

## **Awards:**

First 15 Boys Varsity	First 5 Boys JV
First 15 Girls Varsity	First 5 Girls JV
First Place Team Boys Varsity	1 <sup>st</sup> place Boys JV
Second Place Team Boys Varsity	1 <sup>st</sup> place Girls JV
First Place Team Girls Varsity	
Second Place Team Girls Varsity	

## **Course:**

The course is just over a 4k, but with the mud and water it is plenty difficult. Course maps will be available at the meet. Athletes will run on grass, through mid calf height water, and dirt trails.

**Entrees/Results:** Wayzata Results will be timing the race this year. To enter athletes go to <http://www.wayzatarresults.com/> by August 21st by 8pm. For entry questions: [entries@wayzatarresults.com](mailto:entries@wayzatarresults.com).

**Teams:** Blaine, Bloomer, Burnsville, Chetek-Weyerhaeuser, Chippewa Falls, Chippewa Valley, Dassel-Cokato, Eastview, Edgar, Owatonna, River Falls, Prairie Farm, St. Croix Preparatory Academy,

**Parking:** The football field and parking lots at UWRF. Or on campus in lot N.

**Location:** University of River Falls Campus. The start line is located on the UWRF Intramural Fields near parking lot N and amphitheater.

**T-Shirts:** \$20 dollars, sold at the meet.

**Concessions:** Will be sold at the meet.

**Spectator Race:** At 6:00 there will be a race for any spectators who want to try out the course. This race will be only one lap of the course. Sign-up will be at the concession stand day of. This is open to ANYONE who wants to get Extreme!!