



2023-2024 MINNESOTA STATE HIGH SCHOOL LEAGUE

CROSS COUNTRY RUNNING STATE MEET Saturday, November 4, 2023

Race Distance for Boys & Girls – 5000 meters (3.1 miles)

[Optional Pre-Meet Practice & Team Registration, Friday, November 3 – 1:00 - 4:30 p.m.](#)

The pre-meet practice is optional. Schools that choose not to attend may pick up their team packets and turn in the Uniform Verification Form on Saturday beginning at 8:00 a.m.

Race Schedule

Class AAA	Class A	Class AA
Boys - 10:00 a.m. Girls – 10:45 a.m. Awards 11:15 a.m. (approx.)	Boys – 12:00 p.m. Girls – 12:45 p.m. Awards 1:15 p.m. (approx.)	Boys – 2:00 p.m. Girls – 2:45 p.m. Awards 3:15 p.m. (approx.)

STATE MEET & SECTION BOX ASSIGNMENTS

Girls and Boys from the same class and section are assigned to the same box. Assignments for teams and individual runners are drawn at random. Please note that we have eight (8) starting lanes for individual qualifiers.

INDIVIDUAL QUALIFIER ASSIGNMENTS FOR ALL RACES:

SECTION	BOX
8	3
2	6
1	9
5	12
7	15
3	18
6	21
4	24

Class A/AA/AAA – BOYS AND GIRLS TEAM BOX ASSIGNMENTS:

SECTION	BOX
1 – Champion	7
1 – Runners Up	17
2 – Champion	10
2 – Runners Up	2
3 – Champion	19
3 – Runners Up	22
4 – Champion	4
4 – Runners Up	1
5 – Champion	8
5 – Runners Up	14
6 – Champion	5
6 – Runners Up	23
7 – Champion	16
7 – Runners Up	11
8 – Champion	13
8 – Runners Up	20