



2022-2023 MINNESOTA STATE HIGH SCHOOL LEAGUE

CROSS COUNTRY RUNNING STATE MEET

Saturday, November 5, 2022

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

Optional Pre-Meet Practice & Team Registration, Friday, November 4 – 1:00 - 4:00 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 Girls: 9:30 am Boys: 10:30 am Awards: 11:15 am approx.	CLASS A Girls: 12 noon Boys: 1:00 pm Awards: 1:45 approx.	CLASS AA Girls: 2:30 pm Boys: 3:30 pm Awards: 4:15 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
5	3
8	6
7	9
6	12
4	15
2	18
1	21
3	24

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

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