

Metro Conference Meet on Saturday, October 14, 2023 at Roosevelt High School, Sioux Falls, SD

HS Teams: Brandon Valley, Harrisburg, O’Gorman, SF Jefferson, SF Lincoln, SF Roosevelt,
and SF Washington

Athletes: Athletes should arrive by 8:30AM to walk the course and get
bibs for their races. We will have no bussing for this
meet! Athletes are responsible for their own
transportation. Plan ahead!

Location: Roosevelt High School – **10AM Start Time**

Races: The order of the races will be as follows

10:00AM	Varsity Boys	Distance – 5000 Meters ((10 entries maximum)
10:30AM	Varsity Girls	Distance – 5000 Meters ((10 entries maximum)
11:00AM	JV Boys	Distance – 5000 Meters (Unlimited entries)
11:30AM	JV Girls	Distance – 5000 Meters (Unlimited entries)

Varsity Awards (after completion of JV races)

Results: Results will be e-mailed to Coaches/AD’s following the meet. Be sure to
follow live results at www.thegoldmedaltiming.com

Scoring: Top 5 will count in each varsity division with 2 pushers. Points shall
be scored according to finish. There will be no team scores kept in
the junior varsity and middle school division.

Awards: **Awards ceremony after the JV Races.** Medals will be given to the top 15
in the Varsity races. Varsity team champions will receive 15 team medals.
No awards will be given in the junior varsity or middle school division.

Facilities: Please have your athletes dress at your schools, bathrooms will be
available at RHS.

Parking: Roosevelt High School

Spectator Parking: Roosevelt High School

