

THE 21st ANNUAL LAKEVILLE JUNIOR HIGH/JV INVITATIONAL MEET
February 7th, 2009 at Kenwood Trail Middle School
Lakeville, MN
5K Freestyle, Open to 7th-12th Graders

Dear Nordic Coaches,

You are invited to attend the 21st Annual Lakeville JV/Jr High Invitational! This years date is February 7th, 2009. This race is developed to give your Jr. High and JV skiers a late-season opportunity for some competition.

Course: The course is still the one-loop 5K as used in the past with some huge improvements. This summer, we had our course widened and graded to allow for better grooming and skiing. We are sure your skiers will like it even more.

Start Times:

The race is scheduled to accommodate a large number of skiers with the following race start times and categories:

Grade	Boys	Girls
7 th	9:20	9:30
8 th	10:00	10:10
9 th	10:40	10:50
JV	11:20	11:30

Distance: 5 K

Format: Mass Start Freestyle

Awards: The first 15 skiers in each race will receive a medal at the finish.

Timing: We will have a running clock at the start/finish area. Coaches will be responsible for recording their own skiers times. Please e-mail Rich Heilman at rjheilman@isd194.k12.mn.us the list of your skiers before race day, this way we can provide you a copy of the final results promptly. You will be provided with a timing sheet if you need one on race day, otherwise complete your own.

Cost: The cost of the race is \$2.00 per skier (maximum \$75 per team). Please include your approximate number of skiers and bring a check on race day payable to Lakeville Nordic Ski Boosters.

Contacts:

Lakeville North HS Head Coach Rich Heilman at (w) 952-232-2247 or (c) 952-451-3049
email rjheilman@isd194.k12.mn.us

Lakeville South HS Head Coach Mark Pearson at (w) 952-232-341
e-mail mdpearson@isd194.12.mn.us

Please RSVP the following information by February 1:

Your name, School, skiers names (last, first) and grade.

Hope you can make it!