



THE 24th ANNUAL LAKEVILLE JV/JH INVITATIONAL MEET
 February 11th, 2012 at Kenwood Trail Middle School
 Lakeville, MN
 5K Freestyle, Open to 6th-12th Graders



You are invited to attend the 24th Annual Lakeville JV/Junior High Invitational! This years date is February 11th, 2012. This race is designed to give your Jr. High and JV skiers some end of the season competition and a shot at a medal!

Course: The course is a one-loop 5k. The Start and Finish area is in the same proximity. Course Map at: <http://www.mapmyrun.com/route/us/mn/lakeville/199126525508387853>

Start Times:

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

Grade	Boys	Girls
6/7 th	9:00	9:10
8 th	9:30	9:40
9 th	10:00	10:10
10 th	10:30	10:50
11 th	11:00	11:10
12 th	11:30	11:40

Distance: 5k

Format: Mass Start Freestyle

Awards: The first 3 skiers in each race will receive a medal, 4th-15th place a ribbon 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 rjheiman@isd194.k12.mn.us the list of your skiers before race day and enter your skiers. This way we can provide you a copy of the final results promptly. Changes/substitutions are allowed on race day if necessary.

Please send the following information electronically by Feb.4th, 2012 -- in excel format as:

Skiers Name (First Last)	b/g	grade	school
Sally Skifast	g	11	Lakeville North

Cost: The cost of the race is \$5.00 per skier (maximum \$125 per team). Bring a check on race day or mail in advance LNHS Nordic Ski, attn: Rich Heilman 19600 Ipava Ave. Lakeville, MN 55044 payable to: *Lakeville Nordic Ski Boosters.*

*****Bus Drop/Parking: In the west parking lot (in back) nearest to the Start/Finish Area.***

Concessions and Port-o Potties will be available at the Start/Finish area for all racers and spectators.

Coaches, please announce! There are bathrooms and indoor seating/tables in the Cafeteria area. Ski boots are ONLY allowed on the carpeted floor areas of the building. Please remove ski boots them before walking anywhere else—including the Cafeteria floor.

Contacts:

Coach Rich Heilman at (w) 952-232-2454 or (c) 952-451-3049

Email: coach.heilman@gmail.com or Coach Andrew Poffenberger at poffe003@umn.edu (c) 651-