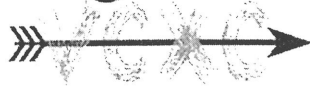


# Blue & White Invite

Cross Country



Valley City, ND

## MEET INFORMATION:

**Date:** Saturday, September 19, 2020

**Location:** Bjornson Park Golf Course, Valley City. Just south of I-94, using Exit 292

**Time:** *Session 1 (Valley City, North, Davies, GFRR Girls)*

8:00 am Arrive  
9:00 am JV Girls 5K  
9:30 am Varsity Girls 5K  
10:00 am JV Boys 5K  
10:30 am Varsity Boys 5K  
11:30 am First session cleared out

***Session 2 (GF Central, Sheyenne, Shanley)***

11:00 am Teams Arrive  
12:00 pm JV Girls 5K  
12:30 pm Varsity Girls 5K  
1:00 pm JV Boys 5K  
1:30 pm Varsity Boys 5K  
2:30 pm Second session cleared out

***Session 3 (West Fargo, Devils Lake, South)***

2:00 pm Teams Arrive  
3:00 pm JV Girls 5K  
3:30 pm Varsity Girls 5K  
4:00 pm JV Boys 5K  
4:30 pm Varsity Boys 5K  
5:30 pm Third session cleared out

**Covid Restrictions:**

- Athletes must wear a mask when not warming up, competing, or cooling down.
- NO FANS ARE ALLOWED TO ATTEND.
- Teams must supply their own water.
- All meet workers will wear masks.
- Bathrooms will be sanitized between sessions.
- Teams should vacate the course as soon as the last race has finished.