

LAKEWOOD HILLS CROSS COUNTRY MEET

Hosted by Frassati Catholic Academy and North Heights Christian Academy

MEET INVITATION and INFORMATION

Published: 8/18/2026

Who: 4-8 grade cross country athletes and parents

What: Lakewood Hills Cross Country Meet (1-mile racecourse)

Where: Lakewood Hills Park 2110 Orchard Lane, White Bear Lake, MN

When: Tuesday, September 15, 2026

- Coaches Meeting 3:30 pm
- Course Preview 3:45 pm
- **Girls 1-mile (4-8 grade) 4:00 pm**
- **Boys 1-mile (4-8 grade) 4:30 pm**
- These race times are flexible and dependent upon the completion of the previous races.

Additional Information:

- Use the Orchard Park entrance for parking. Do not park at the YMCA.
- The park shelter/pavilion will be available with restrooms and for team assembly.
- Name tags will be provided. Please write each athlete's name/school/grade on their arm. This will be transferred to the results board along with finish times.
- Race results will be posted on site and distributed by email.
- Teams/athletes should come prepared with running gear, water, and snacks.
- It would be wonderful if each team could provide 1-2 volunteers to help conduct the event.
- Suggested donation of \$20 per team to help cover meet costs.
- Questions? Contact Tyson or Matt:

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2026 COURSE MAP

