



TO: Athletic Directors (Please forward to the XC Coach)

FROM: Ryan Scoular, AD @ Milbank High School

RE: Milbank (Breathe Easy) Cross Country Meet

When: Monday, August 31th – 5:00 PM Start *2021 Date is Monday, Aug. 30 @ 5 PM

Where: Whetstone Creek Golf Course; Located 3 miles north of Milbank on Hwy. 15

**Times: 5:00 – JV Girls – 3000 M
5:20 – JV Boys – 3000M
5:45 – Varsity Girls – 4000 M
6:05 – Varsity Boys – 4000 M**

Race times after the first race are all approximate, Rolling Schedule!

Schools Invited: Milbank, Sisseton, Aberdeen Roncalli, Webster, Great Plains Lutheran, Tiospa Zina, Tri-State, Dakota Hills.

Awards: Medals and T's for the top 10 Boys and Girls Varsity

***All runners will receive a Gatorade at the end of each race!**

Entry Fee: No Entry Fee

Please have your rosters updated on the SDHSAA site by Friday, Aug 28th.

Eric Townsend is our Head Coach and Meet Director/ Phone 432-5546 Email eric.townsend@k12.sd.us.

***We will send out Competitor #'s the morning of the meet.**

This meet is sponsored by the Milbank Tobacco Coalition!