

# Metro Conference Meet on Thursday, October 16, 2025 at Yankton Trail Park, Sioux Falls, SD

**(ATHLETES WILL BE EXCUSED FROM CLASS AT 11:15AM to allow time for lunch and travel time.)**

**We will not have a bus to Yankton Trails for this meet. Please car pool with teammates if necessary. If a ride is a problem see Coach Reilly or Swenson by Wednesday so we can organize transportation.**

**HS Teams:** Brandon Valley, Harrisburg, O’Gorman, SF Jefferson, SF Lincoln, SF Roosevelt, and SF Washington

**Location:** Yankton Trail Park – **2:00 PM Start Time**

Races: The order of the races will be as follows

2:00 pm	Varsity Girls	Distance – 5000 Meters ((10 entries maximum)
2:30	Varsity Boys	Distance – 5000 Meters ((10 entries maximum)
3:00	JV Girls	Distance – 5000 Meters (Unlimited entries)
3:30	JV Boys	Distance – 5000 Meters (Unlimited entries)

Varsity Awards

**Middle school races to follow**

**Parking:** **DO NOT ENTER THE PARK FROM MINNESOTA AVENUE**

**Spectator Parking:** Spectators may park in designated parking areas throughout the park.

**Scoring:** Top 5 will count in each varsity division with 2 pushers. Points shall be scored according to finish. There will be no team scores kept in the junior varsity and middle school division.

**Awards:** **Awards ceremony after the JV Race.** Medals will be given to the top 15 in the Varsity races. Varsity team champions will receive 15 team medals. No awards will be given in the junior varsity or middle school division.

**Results:** Live meet results and final results can be found at [thegoldmedaltiming.com](http://thegoldmedaltiming.com)