

Metro Conference Meet on Thursday, October 15, 2026 at Yankton Trail Park, Sioux Falls, SD

(ATHLETES WILL BE EXCUSED FROM CLASS AT 12:25PM to travel and warm up.

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 – **3:00 PM Start Time**

Races: 3:00 PM - JV Girls (5000 Meters) – Unlimited Entries
3:30 PM - JV Boys (5000 Meters) – Unlimited Entries
4:00 PM - Varsity Girls (5000 Meters) – 10 Entries Maximum
4:30 PM – Varsity Boys (5000 Meters) – 10 Entries Maximum

Varsity Awards

5:00 PM – 8th MS Girls (3000 Meters) (Rolling schedule for the middle school races)

8th MS Boys (3000 Meters)

7th MS Girls (3000 Meters)

7th MS Boys (3000 Meters)

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 Boys Varsity 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

Facilities: Please have your athletes dress at your schools, as there are no dressing facilities at Yankton Trail Park. There are 2 small restrooms for all to use. There will be no water for athletes or spectators – please bring your own water.

Parking:

Buses must enter Yankton Trail Park using the South entrance from the Westbound lane off of 57th Street. **DO NOT ENTER THE PARK FROM MINNESOTA AVENUE**

Buses can drop off teams behind the team camps but then must park on the East Side of the park. Buses may pick up teams when they are ready to depart the event. Coaches/AD's – ensure your bus drivers are aware of this.

When leaving the park, buses will exit using the South entrance onto 57th Street as well. **DO NOT EXIT THE PARK ONTO MINNESOTA AVENUE**