



Brave Like Gabe Invite Saturday, August 27th, 2022

Location: Course will be at Arvig Park, located ¼ mile on Hwy 51. Parking for spectators will be in the gravel lots by the baseball, softball, and soccer fields. Buses can drop off students by the spectator parking but then park at the Pioneer Grounds on Highway 8.

Scoring: Gopher State Events will be doing our chip timing for the event. Below are important instructions for entering your rosters. Results will be posted on <https://gsetiming.com/>.

Meet Schedule:

9:00 a.m.	Brave Like Gabe JH Girls	3200 meters
9:20 a.m.	Brave Like Gabe JH Boys	3200 meters
9:45 a.m.	Brave Like Gabe JV & Varsity Girls	5000 meters
10:30 a.m.	Brave Like Gabe JV & Varsity Boys	5000 meters
11:00 a.m.	Brave Like Gabe Awards	

Awards: Awards will be given to the top 15 places in the junior high, junior varsity, and varsity races. We will do awards for each race at the conclusion of the varsity boy's race. We will also give Brave Like Gabe t-shirts to the top team in both varsity races for 7 runners.

Brave Like Gabe Tribute: To honor and remember Gabriele Anderson Grunewald we will ask all teams to have their athlete's warmup 14 min 05 sec before their races then post team pictures on social media with the hashtags #BraveLikeGabe #RunningOnHope.

Cooldown: At the conclusion of the last varsity race if you want to participate in a cooldown to honor Abby Anderson, we will have all the runners meet at the finish and run one loop in the woods from the start line and straight through to the finish. We encourage you to do this with your team. At the conclusion of the cooldown, we will do the awards.

Entry Fee: The entry fee for the event is \$175.00. Payable to Perham Activities. Please mail prior to the meet to the following:

Perham High School
Attn: Erin Anderson, A.D
800 Coney St. W.
Perham, MN 56573

COACHES: This year the meet is being timed by Gopher State Events (<https://gsetiming.com/>). Please send an email to bob.schneider@gopherstateevents.com with your school name and the gender(s) that you coach at least two weeks prior to the meet to ensure that your team is in the system and they have your correct email address on file. They will send complete instructions to all coaches approximately two weeks before the meet.

THERE WILL BE A CONCESSION STAND AT THE MEET. If you have any questions, please feel free to contact me at the high school by email or contacting the high school office. We look forward to seeing all of you at our meet. Our regular season Perham Invite is Thursday, October 6th.

Next year Brave Like Gabe Invite is on Saturday, August 26th, 2023!

Contract

We, the undersigned, mutually agree to schedule and participate at the following contest:

Brave Like Gabe Invite
at Perham/Arvig Park

on Saturday, August 27th
9:00 a.m. start time

Entry Fee: \$175.00

We further agree that the rules of the M.S.H.S.L. shall be a part of the contract.



Activities Director

Activities Director

Name of School

Perham High School
Name of School



Perham "Yellow Jackets"

