

Grand Rapids Paul Bauer Cross Country Invitational

Tuesday, September 19, 2023- 4:00 p.m.

(Coaches meeting at 3:30 p.m.)

*****One Class*****

LOCATION: Grand Rapids Sports Complex – 1100 NE 11th Ave.

COURSE MARKING: Directional markers, flags, and cones will be used and will mark the exact layout of the course. Remind your runners that: **red flag- left turn, yellow flag-right turn, blue flag- straight, and cones-runners must pass between pairs.**

PARKING: Team buses/vans should park at the East Rapids Elementary School parking lot.

CAMPS: Team camps should be established in the grassy area located on the 5th ballfield

REGISTRATION/SCORING:

Races will be timed by **Gopher State Events**. There are two options for teams to register for the race - coaches can go to Gopher State Events web site which is www.gsetiming.com

Rosters are needed at least two days before the race - drop dead date for registration is Sunday evening September 17, 2023. It is not necessary to designate your 7 varsity runners. The first 7 finishers on each team will be designated/scored varsity.

AWARDS: A. Gold medals to winning team's 7 members on each boys and girls varsity.
B. Individual medals for 1-5, ribbons for 6-15 in each boys and girls varsity race.
C. Individual ribbons for Junior High and JV boys and girls places 1-15.

ENTRY FEE: **\$150.00 Make checks payable to ISD #318**

Mail to: Gigi Pehrson, Activities Admin. Assistant
Grand Rapids High School
800 Conifer Drive
Grand Rapids, MN 55744

SCHEDULE:

4:00 p.m.	JH Girls and JH Boys	1 class	3200m
4:30 p.m.	VARSDITY/JV GIRLS	1 class	5000m
5:00 p.m.	VARSDITY/JV BOYS	1 class	5000m

Grand Rapids Cross Country Coach: Steve Kohorst (218) 256-6454 and Asst. Coach Rachel Edmundson 218-966-6168