



Brave Like Gabe Invite **Saturday, August 24th, 2024**

Location: The Course will be at Arvig Park, located $\frac{3}{4}$ 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:

8:45 a.m.	Mighty Mighty 5th & 6th Boys & Girls	\$2 per entry	1800 meters
9:00 a.m.	BLG JH Girls		3200 meters
9:20 a.m.	BLG JH Boys		3200 meters
9:45 a.m.	BLG Black JV & Varsity Girls	enrollment < 499	5000 meters
10:15 a.m.	BLG Gold JV & Varsity Girls	enrollment > 500	5000 meters
10:45 a.m.	BLG Black JV & Varsity Boys	enrollment < 499	5000 meters
11:15 a.m.	BLG Gold JV & Varsity Boys	enrollment > 500	5000 meters
11:45 a.m.	BLG Awards		

*Note: you can opt to run up in Gold Races if enrollment is less than 499 in 10-12; however, if enrollment is more than 500 in 10-12, you must run in Gold Races.

Awards: We will have BLG Awards for the Top 15 in Junior High races. In the JV and varsity races, we will do BLG Awards for the top 15 in each varsity race and the top 10 in each junior varsity race. We will do awards for each race after the Gold Varsity Boy's race. We will also give Brave Like Gabe t-shirts to the top team in both varsity races for seven runners.

Brave Like Gabe Tribute: To honor and remember Gabriele Anderson Grunewald, we will ask all teams to have their athletes warm up 14 minutes and 05 seconds before their races. Then, post team pictures on social media with the hashtags #BraveLikeGabe #RunningOnHope.

Cooldown: After 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 start line of races and run one loop in the woods. If they want an extended cooldown, we will have a group do one loop around the Brave Like Gabe Bike Path. We encourage you to do this with your team. After the cooldown, we will do awards.

Entry Fee: The entry fee for the event is **\$200.00** (\$100 per Gender). Payable to Perham Activities.

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

COACHES: The meet is timed by Gopher State Events (<https://gsetiming.com/>). Please email bob.schneider@gopherstateevents.com if you have not seen entry details the week before the meet.

THERE WILL BE A CONCESSIONS AT THE MEET. The Perham Harrier Invite is Thursday, October 10th.
Next year, Brave Like Gabe Invite is on Saturday, August 23rd, 2025!

HOTELS: Available for Team Looking for Overnight Accommodations: Thumper Pond (218-367-2000) in Ottertail or Super 8 by Wyndham (218-297-0524) in Perham (For both mention #BLGabe meet in Perham)

Contract

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

Brave Like Gabe Invite
at Perham/Arvig Park

on Saturday, August 24th, 2024
9:00 a.m. start time

Entry Fee: \$200.00
(\$100 per gender)

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"

