



Independent School District 318 Activities Department

800 NW Connifer Drive • Grand Rapids, MN 55744-2499
Fax 218.327.5778



Dale Christy, Activities Director
218.327.5766

Gigi Pehrson, Administrative Assistant
218.327.5765

Grand Rapids Paul Bauer Cross Country Invitational

Tuesday, September 17, 2024, 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:

This year the event is being timed by Gopher State Events at <https://www.gsetiming.com/>. You will need to identify your participating athletes on that site by 7:00 AM the day before the meet. You will hear from GSE roughly a week before the meet. Please don't hesitate to contact bob@gsetiming.com if you have any questions. If you wish, you can send GSE your entire roster (First Name, Last Name, Gender, and Grade IN A SPREADSHEET) and they will upload it into their system for you."

AWARDS: A. Gold medals to the 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		1 class	3200m
4:30 p.m.	JH Boys		1 class	3200m
5:00 p.m.	VARSAITY/JV	Girls	1 class	5000m
5:30 p.m.	VARSAITY/JV	Boys	1 class	5000m

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

Independent School District 318 Administrative Offices
601 SW 7th Street • Grand Rapids, MN 55744 • 218.327.5700 • Fax 218.327.5702
An Equal Opportunity Employer