



# **2024 GRC Cross Country Championships Handbook**

**Tuesday, October 15th**  
**Hosted by: Pequot Lakes Patriots**  
**Location: Whitefish Golf Club**

**Location Address:**

Whitefish Golf Club  
7883 Co Rd. 16  
Pequot Lakes, MN 56472

**Conference Schools:**

Albany - Cathedral - Foley - Little Falls - Milaca - Pequot Lakes - Pierz

**Rules Committee:**

Last year - Milaca  
Current - Pequot Lakes  
Next year - Pierz

## **Contact Information**

**Bill Magnuson, Pequot Lakes Activities Director**

Phone: (320) 224-4494

Email: [bmagnuson@isd186.org](mailto:bmagnuson@isd186.org)

**Jeff Brever, Head Cross Country Coach**

Email: [jbrever@isd186.org](mailto:jbrever@isd186.org)

**Ryanne Richey, Athletic Trainer/Medical Personnel - On Site**

Phone: (715) 220-7430

## **Race Information**

### **Starting Procedure:**

10 minutes prior to gun      Athletes report to the starting area  
5 minutes prior to gun      Starter will blow a whistle for race instructions  
\*Races will start at listed start times.

### **Schedule / Awards:**

|      |                    |  |
|------|--------------------|--|
| 2:45 | Coaches Meeting    | At finish line area  |
| 3:30 | Junior High Girls  | Top 15 - Awarded ribbons at finish                                   |
| 3:50 | Junior High Boys   | Top 15 - Awarded ribbons at finish                                   |
| 4:10 | Varsity Girls      | Top 15 - All-Conference @ 6:10<br>16 - 20 - Honorable Mention @ 6:10 |
| 4:40 | Varsity Boys       | Top 15 - All-Conference @ 6:10<br>16 - 20 - Honorable Mention @ 6:10 |
| 5:05 | JV Girls           | Top 15 - Awarded ribbons at finish                                   |
| 5:35 | JV Boys            | Top 15 - Awarded ribbons at finish                                   |
| 6:10 | Awards Recognition | Varsity only   |

\*Top 15 awarded Medals  
\*16-20 awarded certificates (receive from your AD at a later time)  
\*1st place team trophy (last year champion brings - Cathedral)

### **Uniforms:**

Junior high - Teams should try to follow the MSHSL ruling as best as possible.

Varsity and JV - Must follow the MSHSL uniform ruling. All runners will need to match.

In the event of inclement or cold weather, undergarments beneath the uniform may be worn, however, they must also be a solid matching color.

\*Hats, gloves, socks, etc. do not need to match.

### **Additional Racer Information:**

Teams may run eight varsity runners in the championship race. This must be designated before the start of the meet.

Junior high - 6th grade student-athletes are not allowed to compete.

### **Lane Assignments:**

1-Little Falls 2-Milaca 3-Pierz 4-Cathedral 5-Albany 6-Foley 7-Pequot Lakes

## **Registration Information**

### **Meet Entries:**

Register through [athletic.net](http://athletic.net)

Registration Fee:

\$150

Make checks payable to:

'Pequot Lakes High School'

Send check to:

Pequot Lakes High School

Bill Magnuson

30805 Olson St.

Pequot Lakes, MN 56472

## **Additional Information**

### **Course description:**

This is a grass race course run alongside fairways within the rough. There are multiple cart path crossings including gravel and pavement.

This course is very flat with only one gradual hill approx. 400m into the race.

### **Event Timing:**

Bob Schneider - [Gopher State Events](#)

### **Athletic Trainer/Medical:**

A certified trainer will be located near the finish area as needed. Contact information is on the cover page of this handbook.

### **Parking/Drop off/Pick up:**

- Buses will drop off/pick up in the main parking lot, then go park in the maintenance lot indicated on the map.  
\*The additional bus parking indicated in the main parking lot is only if one or two buses don't fit in the maintenance lot.
- Spectators will park in the main parking lot of the golf club.

### **Team Camps/Bathrooms/Awards:**

View attached map for locations

# Bus Drop off / Pick up / Parking



# Misc. Locations



