

## **ND/MN/SD/MB XC Border Battle**

Grand Forks Central and Red River High Schools are excited to be hosting a new meet on September 24<sup>th</sup>. With the loss of the Milaca Meet to our schedules, which has been one of the greatest meets for the last 50 years, we hope to continue that legacy with a large meet here in North Dakota.

Races will be held on our designated cross-country course on the beautiful Greenway at Lincoln Drive Park in Grand Forks. This will be a large meet with traditional team scoring, but we will also score each race between North Dakota, South Dakota, and Minnesota, using the top 5 runners from each state to determine a state winner. Please register your team as soon as possible so we can plan accordingly for the number of teams.

**When:** Saturday, September 24, 2022

**Where:** Lincoln Drive Park

**Time:** 12:00 pm 7<sup>th</sup> Girls 3K, Unlimited  
12:20 pm 7<sup>th</sup> Boys 3K, Unlimited  
12:40 pm 8<sup>th</sup> Girls 3K, Unlimited  
1:00 pm 8<sup>th</sup> Boys 3K, Unlimited  
1:30 pm Varsity Girls A 5K, 7 runners  
2:00 pm Varsity Girls AA 5K, 7 runners  
2:30 pm Varsity Boys A 5K, 7 runners  
3:00 pm Varsity Boys AA 5K, 7 runners  
3:30 pm JV Girls 5K, Unlimited  
4:10 pm JV Boys 5K, Unlimited

**Divisions:** Varsity A – School population of 399 or under  
Varsity AA – School population of 400+  
A can opt up to AA. AA cannot opt down.  
Middle school athletes can run high school division (must be listed on HS roster)  
Middle school races – runners must run in their grade level.

**Awards:** All Divisions will receive:  
T-shirts for places 1-20 for each division  
Awards will be given out 30 mins after each race at the stage

**Event Entries:** Coaches will register their teams via Athletic.net When you arrive, be sure to stop by the table at the finish line to get your athletes' numbers.

**Dressing:** Please come dressed and prepared to run. There are no locker room facilities  
**Facilities:** available at Lincoln Drive Park.

**Parking:** Teams can arrive starting at No earlier than 10:30 am, due to another event being held on the Greenway. Buses and school vans should park in the designated area. See Fan and Bus Parking attachment.

**Entry Fee:** The entry fee will be \$150. Please make the check payable to Grand Forks Public Schools and send the fee to:  
Grand Forks Public Schools  
P.O. Box 6000  
Grand Forks, ND 58201  
c/o Mike Biermaier, Athletic Director

**Admission:** \$6.00 for adults; \$4.00 for students

**Meet T-shirts:** T-shirts/sweatshirts will be available for purchase in advance (not at the meet) online. We will provide this link to coaches closer to the meet.

**Concessions:** Food trucks will be on site, and we will hold our annual bake sale.

If you have any questions, please do not hesitate to call. We hope to see you on September 24<sup>th</sup>.

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