

ROY GRIAK INVITATIONAL

Hosted by: The University of Minnesota



Saturday Sept. 18-19, 2026

Fort Snelling Golf Course

MEET INFORMATION

Roy Griak Invitational

Hosted by the University of Minnesota



Site FORT SNELLING GOLF COURSE
5701 Leavenworth Ave St. Paul, MN 55111

Schedule **FRIDAY:**
10:30am College Women's 6000m
11:15am College Men's 8000m
11:45am AWARDS (Women's First, Men to Follow)

SATURDAY:
9:00 AM - Lefty Wright Boys Maroon Competition
9:45 AM - High School Girls Maroon Competition
10:30 AM – High School Boys Championship Race
11:15 AM – High School Girls Championship Race
12:00 PM – High School Boys Gopher Competition
12:45 PM – High School Girls Gopher Competition
1:30 PM - Larry Zirgibel Boy's Gold Competition
2:15 PM - Gary Wilson Girls Gold Competition

***Awards**
10:35 Boys and Girls Maroon
12:05 Boys and Girls Championship
1:35 Boys and Girls Gopher
3:05 Boys and Girls Gold

Bad Weather If a race is in progress, it will be allowed to run to its conclusion. The PA announcer will announce the suspension of the competition if lightning occurs within 10 miles, and athletes and spectators should seek shelter immediately. Teams should seek shelter on their team bus. Up to date weather information will be posted on gophersports.com/griak and on @GopherCCTF X.

Once the decision is made to resume the completion (30 minutes from the last visible lightning strike) we will allow a 15-minute warm-up period before starting the completion. Every effort will be made to successfully complete the schedule of races.

****The decision to suspend and subsequently resume completion is the responsibility of meet management, meet officials and athletic training staff.**

Packet Pickup: Team packet pick-up will be in the tent adjacent to the awards stand

COLLEGE PACKET PICK UP:

Thursday Sept 17: 4:00-6:00pm

Friday Sept 18: 8:30am-10:00am

HIGH SCHOOL PACKET PICK UP:

Friday Sept 18: 2:00-6:00pm

Saturday Sept 19: 7:30am-1:00pm

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MEET INFORMATION

Parking

- Team Vans:** Parking for team VANS will be along Taylor Avenue adjacent to the course and team camp area. Staff will direct vans as to where to park when they arrive.
- Team Buses:** Buses will drop athletes and coaches in the parking lot parallel to Minnehaha Ave and then exit the course area and are welcome to park in the Eagan Woods Industrial Park (2655 Eagan Woods Dr, Eagan, MN 55121)
- Spectators:** Please direct spectators to park in the "FORT SNELLING PARK AND RIDE" Lots (5801 Minnehaha Ave Fort Snelling, MN 55111 and 1 Federal Drive Fort Snelling, MN 55111)
SPECTATORS CAN ALSO TAKE THE BLUE LINE LIGHT RAIL FROM ANY PARK AND RIDE LOCATIONS TO THE FORT SNELLING STOP!

Team Information

- Team Camp:** Team camps will all be across the street from the course on the soccer fields. Please try to set up tent on the perimeter of the fields and avoid any large stakes. PLEASE ADVISE ATHLETES TO USE CAUTION CROSSING OVER TO THE COURSE SIDE. We will have lanes for crossing, but it is up to each athlete to pay attention to their surroundings.

No shower facilities/locker rooms provided on-site

- Timing** WAYZATARESULTS.COM will provide timing for the event, Timing chips will be each on race number. Numbers must be worn on the front and do not crinkle bib

Awards

Awards to top 20 individuals

Trophy for top three teams in each race. Awards will take place during the race following

Results

Unofficial results will be posted online at gophersports.com at the conclusion of each race

Official results can be found online at www.wayzataresults.com



Spectators

Tickets: \$12 for adults and \$10 for students/youth/seniors
Tickets must be purchased on-line at <https://gophersports.venue.net/promotions/GRIAK26>
Spectators will enter the venue on the corner of Bloomington Rd and Minnehaha Ave. closest to the parking area
With a new venue and traffic flow patterns, please encourage spectators to arrive early to navigate the new event site!

Parking: Please encourage parents and fans to map the address to the parking lots, as that will bring them in on a different road and spread the traffic flow out to make it easier for team vans and buses to come and go!

LOT 1 (Free : 1 Federal Dr. Fort Snelling, MN 55111

LOT 2: 5801 Minnehaha Ave Fort Snelling, MN 55111

PAY LOT (\$6): 100 Tower Ave Saint Paul, MN 55111

68
AQI 33



Base Camp

Spectator
Parking

MINNEHAHA AVE

Fred Wells
Tennis &
Education Center

Fort Snelling

Spectator
Parking

Minnesota
National
Guard - 133rd
Airlift Wing

Spectator
Entrance

MILITIA DR

HERCULES AVE

AIRLIFT DR

FIRE STATION RD

DOMINGTON RD

SPITFIRE AVE



Roy Griak Invitational

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To: Cross-Country Athletic Trainers and Coaches
From: Kyle Zeiszler & Wyatt Taylor , University of Minnesota XC Athletic Trainers
Re: 2026 Roy Griak Cross Country Invitational

Welcome to the University of Minnesota and the 2026 Roy Griak Cross Country Invitational. I would like to take this opportunity to inform you of the Athletic Training services available during your stay at the University.

Thursday from 4-6 pm there will be a medical tent with ATCs and basic supplies (water, first aid, taping, ice bags,, etc) at the course.

Friday starting at 8:00 am until the conclusion of the meet the medical tent will be fully staffed with ATCs, Physicians and EMS will arrive shortly after.

Supplies include:

- Tape and First Aid Supplies
- Water
- Ice Bags

Bad Weather Contingency

The decision to suspend and subsequently resume competition is the responsibility of meet officials and the athletic training staff.

Chain of command/directions:

- a) Event manager will monitor DTN weather system for lighting/inclement weather
- b) Event manager will notify Kyle Zeiszler, Wyatt Taylor, ATC and head referee if a storm is approaching a 20 mile radius of the golf course
- c) If a race is in progress, weather will be monitored closely until the end of the race
- d) If lightning occurs within 10 miles, the meet will be suspended.
- e) When lightning has reached 10 miles everyone will be instructed to leave the course immediately and seek shelter at the locations indicated below.
- f) All spectators and competitor must be off the course and in a safe structure or location by the time lightning is within 6 miles as recommended by the National Sever Storms Laboratory (NSSL)
- g) The meet with resume when there has been no lightning activity for 30 minutes.

ADEQUATE SAFE SHELTER

- Clubhouse
- Clubhouse bathroom facility
- Team buses, vans should return to Minnehaha Ave and shelter their teams
- Staff official to shelter in their vehicles NOT A PORT-A POTTY

NOT A TENT

NOT A GOLF CART

In the event of a race suspension or delay, appropriate warm-up time will be provided. If a race is stopped due to lightning, event management, officials, and other event staff will determine

appropriate actions.

UNIVERSITY OF MINNESOTA ATHLETIC MEDICINE

ROY GRIAK INVITATIONAL CROSS COUNTRY MEET

HEAT ILLNESS PROTOCOL (Updated 9/2026)

SIGNS:

Muscle cramps, nausea/vomiting, headache, dry mucous membranes, weakness, collapse, tachycardia, thirst, heavy sweating and pale, cool clammy skin, irritability

IMMEDIATE TREATMENT:

1. Remove from sun
2. Lie down with legs elevated
3. Obtain vital signs
4. Loosen clothing
5. Cool with ice packs or ice towels (consider ice bath)
6. Rehydrate patient orally

Confirm your diagnosis and evaluate for hypoglycemia, hyponatremia, dehydration, other causes if not improving within 5-10 minutes.

IF MORE SEVERE SIGNS:

Hot skin without perspiration, dizziness, hypotension, confusion, impaired judgement, hallucinations, seizure

→ A RECTAL TEMPERATURE MUST BE OBTAINED!

This is a medical emergency and a rectal temperature is the most reliable way for us to measure core temperature. Two medical providers should be with patient when staffing allows. The rectal temperature should be obtained by either a physician or EMT/paramedic.

If rectal temperature is >104 F and CNS changes:

1. This is heat stroke
2. Patient should be immersed in ice or cold water bath
3. Inform onsite EMT transport crew, notify medical director
4. Recheck rectal temperature every 5-10 minutes
5. If mental status is not improving within 15 minutes, consider alternate diagnosis
6. Stop cooling at 102F with disposition plans to be made by medical staff

If rectal temperature <104 but >102, consider alternate diagnosis but still implement cooling measures.

If rectal temperature <102F, consider alternate diagnoses including electrolyte abnormalities like hyponatremia.

<https://www.nata.org/practice-patient-care/health-issues/heat-illness> <https://ksi.uconn.edu/emergency-conditions/heat-illnesses/heat-syncope/>

UNIVERSITY OF MINNESOTA ATHLETIC MEDICINE

ROY GRIAK INVITATIONAL CROSS COUNTRY MEET HEAT POLICY

- The Medical Team will make decisions regarding shortening or cancelling races as they see fit based on Wet Bulb Globe Temperature (WBGT) & Region Specific Guidelines
- The WBGT will be checked by a member of the medical team every 30 minutes, beginning 30 minutes prior to the first race, through the start of the final race

Guidelines have been specifically developed for the Roy Griak Invitational Cross Country Meet in Falcon Heights, MN based on ACSM, MSHSL, NATA, and USA Track and Field Guidelines.

· GREEN = WBGT <77.9F (24.5C) – Normal Activities
· ORANGE = WBGT 78-81.9F (24.5-26.7C) – Shorten races by ~25% (College Men run 6K, College Women run 5K, high school athletes run 2 miles)
· BLACK = WBGT >82F (29C) – Races will be cancelled

Communication

- Medical staff will provide adequate communication to event staff who will provide loudspeaker announcements for:
 - Any changes to race distance
 - Any race cancellations

https://ksi.uconn.edu/wp-content/uploads/sites/1222/2018/08/RegionalWBGT_2015_AppliedGeography.pdf
<http://www.usatf.org/usatf/files/b7/b70321d0-3664-45db-98a5-3265b4cf613f.pdf>
<https://www.mshsl.org/mshsl/publications.asp#5>

If you have any needs or questions please feel free to contact me.

Contact Information

Kyle Zeiszler MS, LAT, ATC

Cell: 701-391-1215

Email: zeisz003@umn.edu

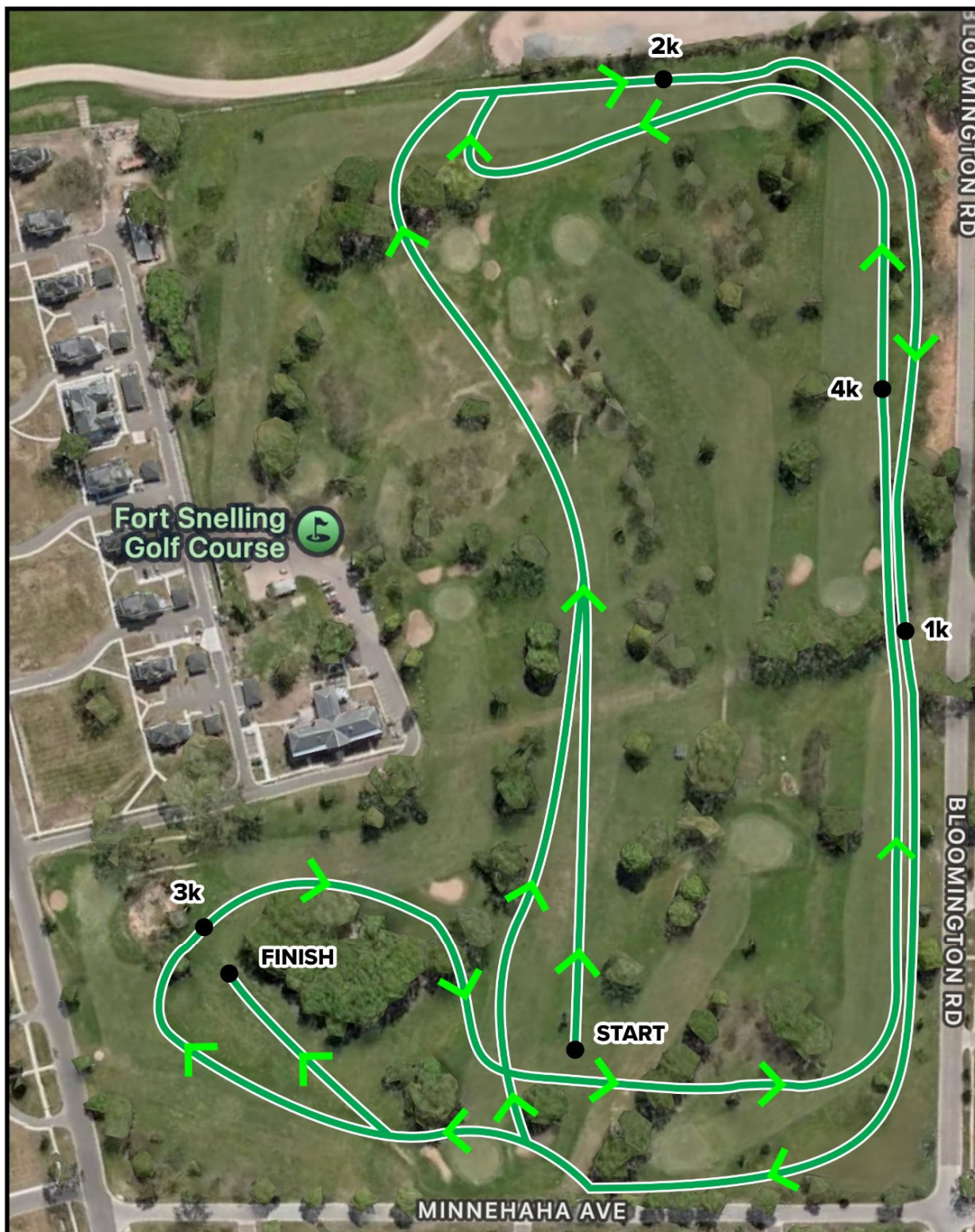
Athletic Training Room general line: 612-624-9573

Fairview Riverside Hospital Emergency Room

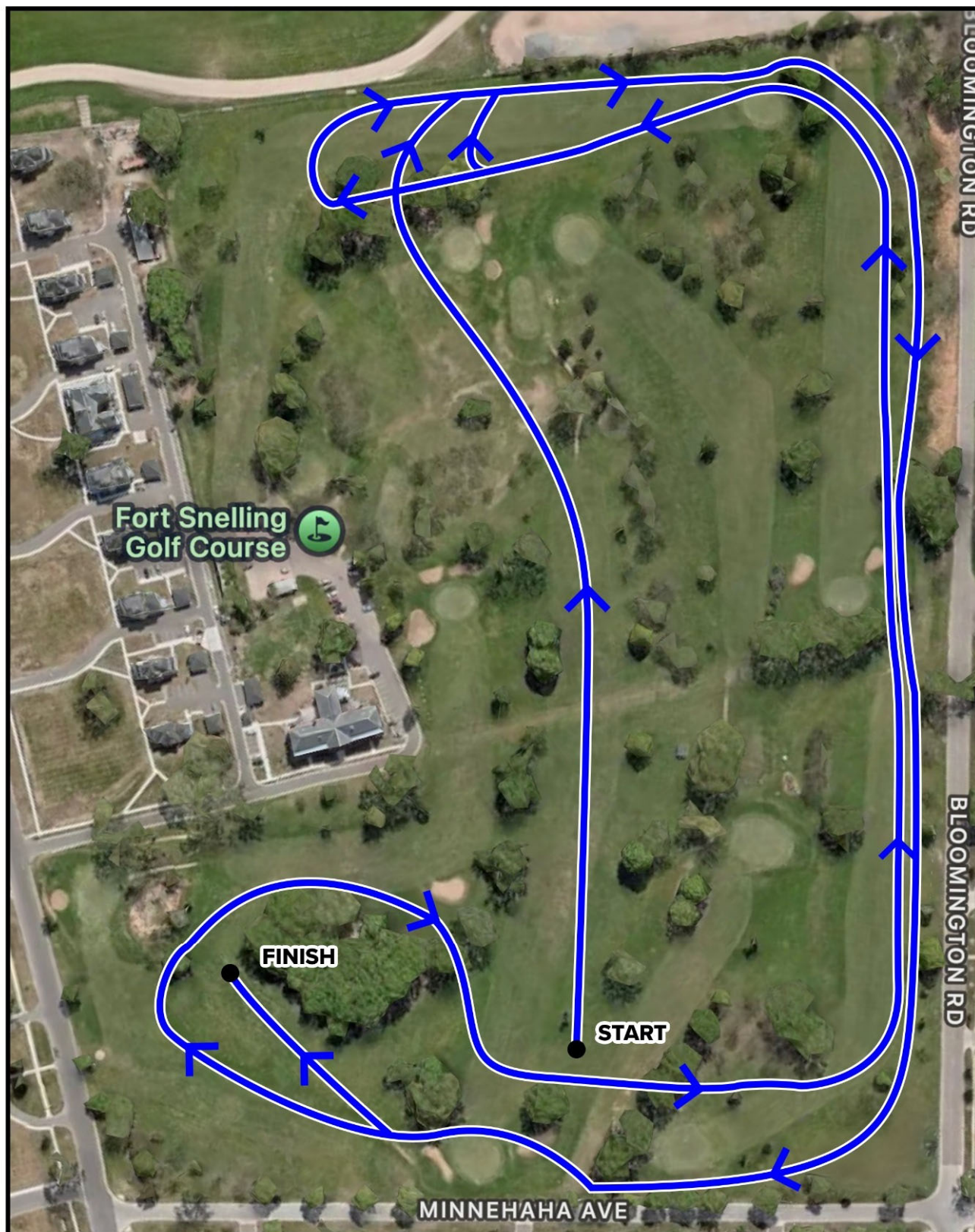
2313 S. 6th St., Minneapolis

Fairview Riverside Hospital Information

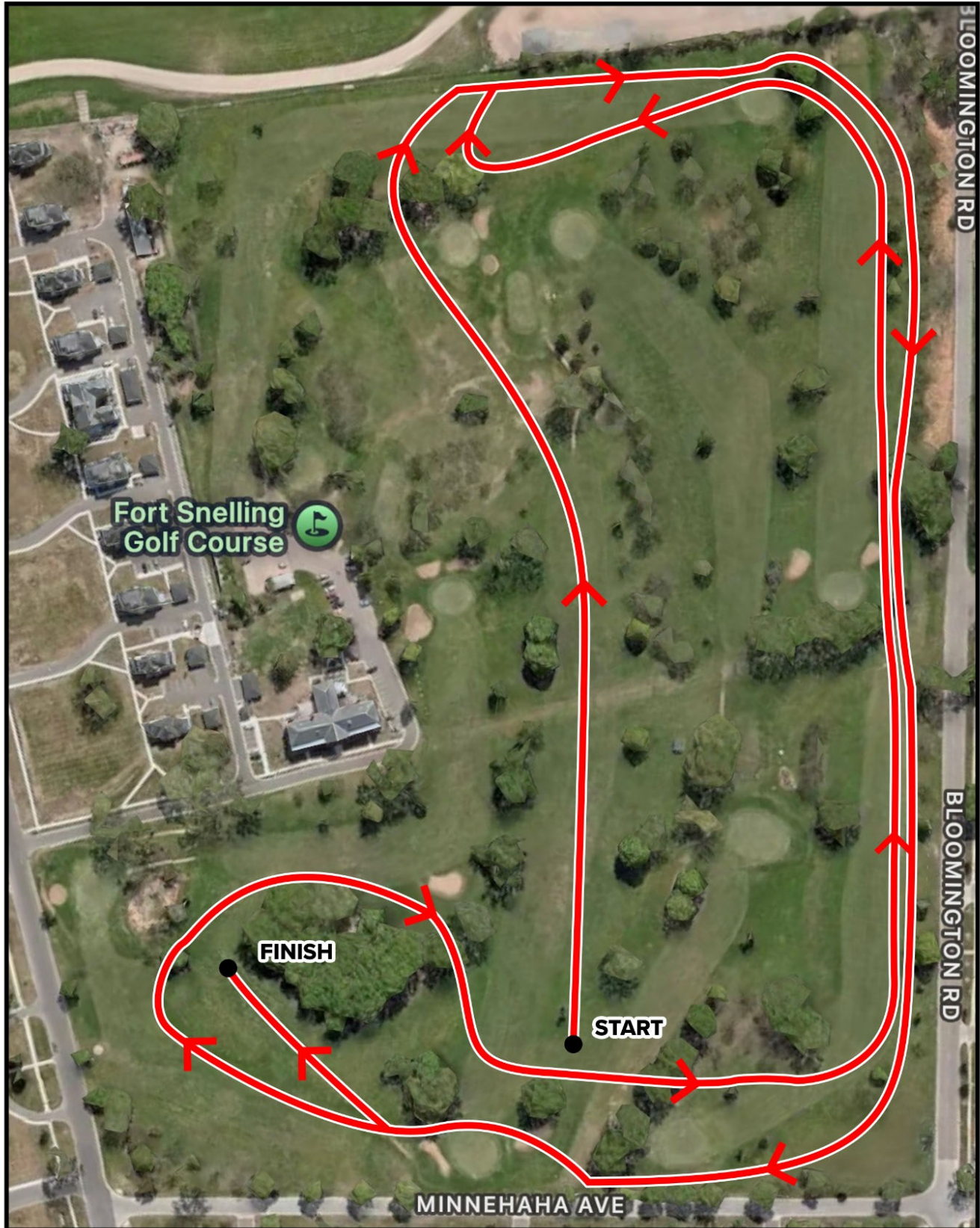
612-273-6402



Roy Griak Invitational - 5k Course Map (1 Small Loop & 1 Big Loop)
Fort Snelling Golf Course



Roy Griak Invitational - 6k Course Map (3 Laps)
Fort Snelling Golf Course



Roy Griak Invitational - 8k Course Map (4 Laps)

Fort Snelling Golf Course