

# 2026 WDA CROSS COUNTRY CHAMPIONSHIPS



SATURDAY, OCTOBER 10 | MCDOWELL DAM | BISMARCK, ND

## RACE SCHEDULE

| TIME      | EVENT                    | DISTANCE |
|-----------|--------------------------|----------|
| 1:00 p.m. | VARSITY BOYS             | 5,000 m  |
| 1:30 p.m. | VARSITY GIRLS            | 5,000 m  |
|           | JUNIOR VARSITY BOYS      | 5,000 m  |
|           | JUNIOR VARSITY GIRLS     | 5,000 m  |
|           | MIDDLE SCHOOL BOYS       | 3,000 m  |
|           | MIDDLE SCHOOL GIRLS      | 3,000 m  |
|           | Awards at the Start Area |          |

## IMPORTANT DATES FOR COACHES

### TUESDAY, OCTOBER 6 - NOON

Email Senior Student-Athlete of the Year candidate information to [dave\\_zittleman@bismarckschools.org](mailto:dave_zittleman@bismarckschools.org)

### THURSDAY, OCTOBER 8 - NOON

Athletic.net entries close. Enter every athlete in the correct division.

### THURSDAY, OCTOBER 8 - 7:00 P.M.

Online head coaches meeting and senior athlete voting. Link will be sent in advance.

## COURSE AND ARRIVAL

All-grass course with a few rolling hills at McDowell Dam Recreational Area.  
From I-94 Exit 161: south 1.5 miles; east on County Road 10/East Main 4.0 miles;  
left on 93rd Street NE for 1.4 miles. Bus parking will be assigned in the lot.  
Car parking is available on the grass and in remaining lot spaces.

## MEET INFORMATION

**ADMISSION: \$5 PER PERSON**

**NO REGULAR SEASON PASSES ACCEPTED**

T-shirts will be sold on site.

Public restrooms and porta potties are available; dressing facilities are limited.

Athletic trainers will be on site. For specific needs, contact the public address table.

**No dogs are allowed on the course. Please share this with families.**

**QUESTIONS? DAVE ZITTLEMAN | 323-4079**

[dave\\_zittleman@bismarckschools.org](mailto:dave_zittleman@bismarckschools.org)