



Milbank GrandStay Invitational Cross Country Meet



Saturday, September 10, 2022

Dear Athletic Directors and Coaches:

This is information for the Milbank GrandStay Invitational CC Meet.

The meet will be held at the Whetstone Creek Golf Course, located three miles north on Highway 15.

Schedule:

9:30 – Girls' 7th and 8th – 3000 meters / After the first race, all times are approximate

9:50 – Boys' 7th and 8th – 3000 meters

10:10 – JV Girls' – 4000 meters

10:35 – JV Boys' – 4000 meters

11:00 – Parents Day / National Anthem

11:15 – Varsity Girls' – 5000 meters

11:45 – Varsity Boys' – 5000 meters

12:15-Bullpup Run-K-2, 3-4, and 5-6

Awards: 1st place of boys and girls varsity races will be awarded a Nike Training Backpack and t-shirts for places 1-20 of the varsity races. Awards will follow the Bullpup Run.

Medals will be received at the Finish Line immediately following the races.

- **7th/8th Runners will receive a medal for 1-10 places.**
- **JV Runners will receive a medal for 1-10 places.**
- **Varsity runners will receive a medal for 1-20 places.**

Entry Fee:

Boys Race-\$10 per runner or \$40.00 per School / Makes checks payable to the Milbank High School

Girls Race-\$10 per runner or \$40.00 per School / Makes checks payable to the Milbank High School

Entries: South Dakota schools make sure you have your rosters up-dated on the Athletic.net website. Coach Townsend (Meet Director) will get your rosters from there. North Dakota and Minnesota teams, you will need to send your rosters to Coach Townsend using the attached template.

eric.townsend@k12.sd.us - Due by Noon on Thursday, 9-8-2022.

***We will send out Competitor #'s on Friday the 9th.**

Schools Invited: Breckenridge/Wahpeton, Border West, Britton-Hecla, Dakota Hills, Flandreau, Great Plains Lutheran, Kindred, Lac qui Parle Valley, Madison, Milbank, Minnewaska Area, Montevideo Public Schools, Redfield High School, Tri-State, and Waverly-South Shore

Parking: We have limited parking available at the golf course. We will have parking attendants at the course to direct traffic/parking.

The Bank, a local coffee shop, will have refreshments and food for sale in the clubhouse.

Thank You, and please pass this info on to anyone attending the meet. See you on the 10th.

NEXT YEAR'S MEET WILL BE ON SATURDAY, SEPTEMBER 9TH AT 9:30 AM.