



# **Milbank GrandStay Invitational Cross Country Meet**



**Saturday, September 14, 2024**

**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' 7<sup>th</sup> and 8<sup>th</sup> – 3000 meters / After the first race, all times are approximate**

**9:50 – Boys' 7<sup>th</sup> and 8<sup>th</sup> – 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: 1<sup>st</sup> 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.**

- **7<sup>th</sup>/8<sup>th</sup> 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-\$15 per runner or \$50.00 per School / Makes checks payable to the Milbank High School**

**Girls Race-\$15 per runner or \$50.00 per School / Makes checks payable to the Milbank High School**

**Entries: School make sure you add the Milbank GrandStay Invite on the Athletic.net website.**

**Coach Townsend (Meet Director) will pull your rosters from there.**

**\*We will send out Competitor #'s on Friday the 13<sup>th</sup>.**

**Schools Invited: Breckenridge/Wahpeton, Benson/KMS, Border West, Britton-Hecla, Flandreau, Flandreau Indian, Great Plains Lutheran, Lac qui Parle Valley, Madison, Milbank, Minnewaska Area, Montevideo Public Schools, Redfield High School, Sisseton, Tri-State, Waubay/Summit 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 14<sup>th</sup>.**

**NEXT YEAR'S MEET WILL BE ON SATURDAY, SEPTEMBER 13, 2025 AT 9:30 AM.**