

## Athletic Director

Brian Petersen

## H.S. Cross Country Coach

Brad Dedic

## M.S. Cross Country Coach

Tony Gustafson

# 2018 Norsemen Cross Country Invitational

September 20<sup>th</sup>, 2018

Story City, IA



## **WE WELCOME YOU TO THE 32<sup>nd</sup> ANNUAL NORSEMEN INVITATIONAL!!**

Thank you for your participation. If you have further questions do not hesitate to contact the athletic office at 515-733-4329.

**To:** Athletic Directors, high school and middle school Cross Country Coaches

**From:** Brian Petersen, R-S High School Athletic Director; Darrin Berggren, R-S Junior High Athletic Director; and Brad Dedic and Tony Gustafson, R-S Cross Country Coaches.

**Rosters:** Please log onto the following website:

<http://theendresultco.com/xc/>

**This is the roster registration website for all coaches. Please enter your roster. Registration deadline is 10:00am on Tuesday, September 19<sup>th</sup>.**

**\*\*YOU DO NOT NEED TO ENTER RUNNER TIMES, JUST YOUR ROSTER IS ALL YOU NEED TO ENTER BEFORE DECLARING\*\***

**Where:** The Norsemen Invitational will be run at the River Bend Golf Course, which is located just off the main street (Broad Street) on Forest Avenue in Story City (2 blocks east of the high school). The course is flat, fast, and good for spectators. The race will be on grass, with the exception of crossing the concrete bridge.

**Times:** All times are approximate starting times

Junior High Girls – 4:30pm

Junior High Boys – 4:50pm

JV & Varsity Girls – 5:10pm

JV & Varsity Boys – 5:50pm

**Distance:** Jr. High Girls and Boys: 2 miles; High School Girls: 5K; High School Boys: 5K

**Awards:** Top 20 finishers receive medals in varsity races; Top 10 finishers receive medals in JV races. Ribbons for top 20 finishers in the Jr. High races; Team Champions and Team Runner-ups will receive medals.

**Fees:** \$50.00 per varsity team (\$100 for boys and girls)  
\$5.00 per individual (for less than full team)  
\$25.00 per junior high team (\$50 for boys and girls)

**Scoring:** Varsity teams will run 7 and score 5; 6th runner tiebreaker. No team scores for JV races.

**Starter:** Joe Toot – Starter and Brett Carney will be official timer/score keeper

**Teams:** Bondurant-Farrar, Carroll-Kuemper, Dike-New Hartford, Colo-NESCO, Greene County, Madrid, Nevada, Ogden, Saydel, South Hamilton, West Central Valley, SE-Valley, Roland-Story, Webster City, Woodward-Granger, Woodward-Academy (Boys Only), Gilbert (MS Only).

**\*\*Please pick up your race packets and maps when you arrive\*\***

**WE'LL SEE YOU ON THE 20<sup>th</sup>!**