



# SOUTHEAST VALLEY ATHLETICS



**7<sup>th</sup> Annual Southeast Valley Invitational**  
**Gowrie Country Club, Gowrie**  
**Thursday, August 27th**

- Teams:** AC/GC, Clarion-Goldfield-Dows, East Sac Country, Madrid, Manson Northwest Webster, OABCIG, Ogden, Panorama, South Central Calhoun, Southeast Valley, St. Edmond, West Bend-Mallard, West Central Valley, Woodward Academy
- Format:** There will be one boys(in 2 waves) and one girls' (in 2 waves) race with unlimited entries in each race. The top 7 will place, the top 5 will score.
- Entries:** If you have not already done so, please email your roster to Coach Travis Nuss [tnuss@svjags.org](mailto:tnuss@svjags.org) ASAP
- Entry Fee:** \$50 per full girls' team. \$50 per full boys' team. \$10 per runner if not a full team. Invoice at the end of the attachment.
- Awards:** Medals to the top 25 individual finishers  
Medals will be mailed.
- Race Schedule:**
- 5:00pm High School Boys Race-Wave 1**-AC/GC, Panorama, St. Edmond, Clarion-Goldfield-Dows, West Bend-Mallard, Woodward Academy, Southeast Valley (77 Runners)
- 5:10pm High School Boys Race-Wave 2**-West Central Valley, Ogden, OABCIG, South Central Calhoun, East Sac County, Manson Northwest Webster, Madrid(78 Runners)
- 5:50pm High School Girls Race-Wave 1** AC/GC, Panorama, St. Edmond, Clarion-Goldfield-Dows, West Bend-Mallard, Woodward Academy, Southeast Valley (66 Runners)
- 6:00pm High School Girls Race-Wave 2** West Central Valley, Ogden, OABCIG, South Central Calhoun, East Sac County, Manson Northwest Webster, Madrid(67 Runners)
- Finish line:** We will be utilizing a 2 Camera FAT Timing System, Hy-Tek meet software, and bib numbers this year. Your entered athletes will be automatically be assigned to the appropriate race as their bib numbers are recorded in the chute.
- There will also be a clock (weather providing) at the finish line for athletes, coaches and spectators to see their unofficial time as the participants cross the finish line. Those times will NOT be the official time.
- Results:** We will email them to the head coaches immediately after the meet and you will hopefully have them in your email by the time you return home. We will also send a copy out the ADs. We will NOT be posting results this year.
- General Info:** The area south and southeast of the clubhouse will be used for team camps. This area will be very near the finish line. Port-a-potties will be located between the finish line and start line for the athletes to use.
- Please instruct your athletes to stay off the greens and the tees.
- Please use the enclosed garbage bag to pick up your camp area after the meet.



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**Bus Parking:** Bus drop off and parking will take place at the club house parking lot

**Spectator Parking:** We have secured a field for spectator parking use that is adjacent to the North side of the golf course and close to the starting area. Entrance to the parking area is located at 809 Walnut Street. There is a cell tower located on the property. Please pass this information along to your spectators.

Travis Nuss - Head Cross Country Coach

Brian Hanson - Athletic Director



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## *Southeast Valley Invitational Team Champions*

### *Girls*

2019 St. Edmond  
2018 St. Edmond  
2017 St. Edmond  
2016 St. Edmond  
2015 Southeast Valley  
2014 St. Edmond

### *Boys*

St. Edmond  
St. Edmond  
Woodward Academy  
West Central Valley  
St. Edmond  
St. Edmond

## *Southeast Valley Invitational Individual Champion*

2019 Maddie Moline, Manson NW, 20:54  
2018 Abby Landwehr, St. Edmond, 21:16  
2017 Abby Landwehr, St. Edmond, 21:40  
2016 Abby Landwehr, St. Edmond, 21:31  
2015 Abby Landwehr, St. Edmond, 20:59  
2014 Riley Mayer, St. Edmond, 17:14 (4K)

Louden Foster, West Central Valley, 16:44  
Spencer Moon, South Central Calhoun, 16:58  
Spencer Moon, South Central Calhoun, 16:44  
Spencer Warehime, Southeast Valley, 17:10  
Spencer Warehime, Southeast Valley, 17:22  
Spencer Warehime, Southeast Valley, 17:57

## *Meet Records*

2019 Maddie Moline, Manson NW, 20:54

2019 Louden Foster, West Central Valley, 16:44  
2017 Spencer Moon, South Central Calhoun, 16:44

## *Course Records*

2016 5K Jill Vonnahme, PAC, 20:37 (TLC)  
2003 4K Sarah Seehusen, PAC, 16:11 (TLC)

2019 Louden Foster, West Central Valley, 16:44  
2017 Spencer Moon, South Central Calhoun, 16:44



# SOUTHEAST VALLEY ATHLETICS



## INVOICE

**Date:** 8/27/20

**Event:** Southeast Valley Cross Country Invite

**Fee:** \$50 per Boys Team; \$50 per Girls Team-\$100 per School  
\$10 Per Runner if less than a full team

**Mail To:** Southeast Valley High School  
Attn: Brian Hanson; AD  
PO Box 49  
Gowrie, IA 50543

# GOWRIE GOLF COURSE

**SPECTATOR  
PARKING**

**NEW SHED  
NO PARKING**

**START**

**BUS  
PARKING**

**FINISH**

**POND**

**1 mile**

**2 MILE**



Thanks for cleaning up all garbage at the conclusion of the meet.

Thanks for respecting our facility and staying off all greens at all times.

Thanks for using the port-a-pots that are provided.

**175**

**360th St**