

ROY GRIAK INVITATIONAL

Hosted by: The University of Minnesota



Saturday, September 23, 2017

Les Bolstad Golf Course

MEET INFORMATION

Roy Griak Invitational

Hosted by the University of Minnesota



Site	Les Bolstad Golf Course (University of Minnesota) 2275 W. Larpenteur Ave W, St. Paul, MN 55113
Schedule	8:55 AM – National Anthem 9:00 AM – Suzy Wilson Women’s Maroon III (Division III) Competition 9:50 AM – Women’s Maroon II (Division II) Competition 9:55 AM – Suzy Wilson Women’s Maroon III Awards 10:40 AM – Men’s Maroon III (Division III) Competition 10:45 AM – Women’s Maroon II Awards 11:30 AM – Men’s Maroon II (Division II) Competition 11:35 AM – Men’s Maroon III Awards 12:00 PM – National Anthem 12:10 PM – Merrill Fischbein Men’s Gold (Division 1) Competition 12:15 PM – Men’s Maroon II Awards 12:20-12:50 PM – Officials Break (30 minutes) 12:40 PM – Special Presentations 1:20 PM – Jack Johnson Women’s Gold Competition 1:25 PM – Merrill Fischbein Men’s Gold Awards 1:45 PM – Goldy’s Kids Race 1:55 PM – National Anthem 2:10 PM – Larry Zirgibel HS Boy’s Gold Competition 2:15 PM – Jack Johnson Women’s Gold Award 3:00 PM – Gary Wilson HS Girls Gold Competition 3:05 PM – Larry Zirgibel HS Boy’s Gold Awards 3:50 PM – Lefty Wright Boys HS Maroon Competition 3:55 PM – Gary Wilson HS Gold Awards 4:40 PM – High School Girls Maroon Competition 4:45 PM – Boys HS Maroon Awards 5:30 PM – Girls HS Maroon Awards
Distance	Men—8,000 Meters (Maroon and Gold Competitions) Women—6,000 Meters (Maroon and Gold Competition) High School—5,000 Meters (Boys and Girls Maroon and Gold Competitions)
Bad Weather	<p>If a race is in progress, it will be allowed to run to its conclusion. The PA announcer will announce the suspension of the competition. In addition, an air horn alarm will indicate that athletes and spectators should seek shelter immediately. Coaches will receive updated information at the packet pick-up area.</p> <p>Once the decision is made to resume the completion (30 minutes from the last visible lightning strike) we will allow a 15-minute warm-up period before starting the completion. Every effort will be made to successfully complete the schedule of races.</p> <p>**The decision to suspend and subsequently resume completion is the responsibility of meet officials and athletic training staff.</p>

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Parking

Team Vans: Parking will be at the Gibbs Farm Lot and Soccer Stadium. Go one block east of the course, take a left on Cleveland Ave and enter lot for Gibbs Farm/Soccer Stadium.

Team Buses: Bus parking will be in Parking Lot 55 on the St. Paul Campus. Drop team off at the golf course, continue west on Larpenteur Ave and drive around the golf course (Right on Fulham Street, right on Roselawn Ave, right on Cleveland Ave, left on Larpenteur Ave. Drive east on Larpenteur for 2.8 miles then take a right on Snelling Ave. Continue on Snelling Ave for 2.8 miles and then turn right one Como Ave. Block 55 parking lot will be on the left (State Fair Gate 24).

Team Information

Team Camp: Please no team tents in the area behind the start line (parallel to Larpenteur Ave) or on any fairways. Please have your team stay off the greens during warm-ups and cool-downs. No shower facilities/locker rooms provided on-site

Packet Pickup: Team packet pick-up will be in the Clubhouse building located 400m west of the start area. Open from 2:30pm-5:00pm on Friday, September 22 and 8:00am-12:00pm on Saturday, September 23

Clocks Display clocks at mile and 3K for the women's and high school races
Display clocks at mile, 3K and 5K for the men's races

Timing Timing chips will be each on race number. Numbers must be worn on the front and do not crinkle bib

Site Map:



Awards

Awards to top 20 individuals and special trophy for individual champion of each race
Trophy for top three teams in each race and awards for top seven of the winning teams

Results

Unofficial results will be posted on the awards stand board after the conclusion of each race
Official results can be found online under the results tab at www.gophersports.com/griak

Spectators

Parking: Spectator parking is located in S101 (on the corner of Cleveland and Commonwealth) and the Gortner Ave Ramp. Free shuttles will be available to transport to the golf course.

Tickets: \$10 for adults and \$8 for students/youth/seniors

Conduct: At no time should a spectator or coach be on the course to help, impede or touch an athlete

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Athletic Medicine Visiting Team Information

Welcome to the University of Minnesota for the 2017 Roy Griak Invitational. We would like to take this opportunity to inform you of the athletic medicine services available to you during your stay in Minneapolis. If we can assist you during your visit, please do not hesitate to contact us.

Athletic training services will be available at Les Bolstad Golf Course 2 hours prior to the start of the first race on Saturday, September 23rd. Please feel free to use the athletic training services as needed. The following items will be available for participants:

- Ice water and cups
- First aid supplies
- Thermotherapy
- Ice Bags
- Emergency Equipment (AED, spine board, splints, crutches, etc.)

Please note: If your team is NOT traveling with a Certified Athletic Trainer, please arrange in advance to accommodate your teams' needs as treatments will only be performed upon request with a prescription or documentation.

A team orthopedist and family practitioner will be on call throughout the duration of the contest. Emergency Medical Services (EMS) will be on call throughout the duration of the contest.

A list of medical services and phone numbers are included below. If you have any questions or special requests, please do not hesitate to call. Good luck to all your competitors and we hope you enjoy your time in Minneapolis!

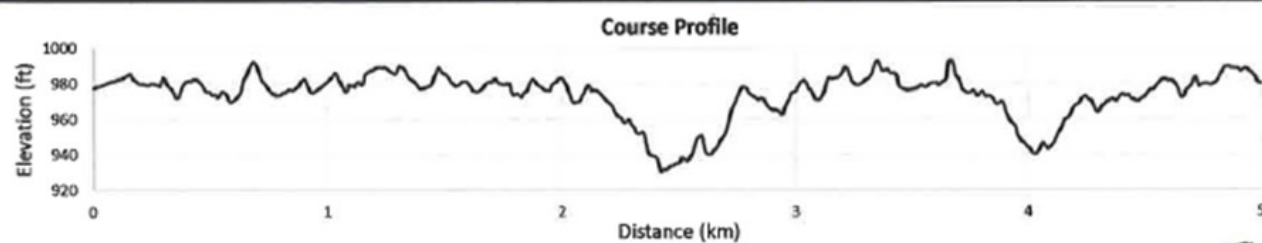
Erin Murphy, MS, ATC
Assistant Athletic Trainer
Office: 612-626-4449
Cell: 612-760-7796
Fax: 612-626-4740

Fred Zappa
Graduate Assistant Athletic Trainer
Office: 612-624-0649
Cell: 612-418-4220

Mitch Bertrand
Graduate Assistant Athletic Trainer
Office: 612-624-0649
Cell: 612-772-4516

Hospitals and Medical Centers

<u>University of Minnesota Medical Center, Fairview</u> 500 SE Harvard St., Minneapolis, MN 55455 Emergency Room: 612-273-2700 Hospital Information: 612-273-3000 Appointment Scheduling: 612-273-8383	<u>University of Minnesota Medical Center – Riverside Hospital</u> 2450 Riverside Ave, Minneapolis, MN 55454 Emergency Room: 612-273-6402 Hospital Information: 612-273-8383 Appointment Scheduling: 612-273-8383
<u>University of Minnesota Health: Clinics and Surgery Center</u> 909 Fulton Street SE, Minneapolis, MN 55455 Orthopedic Clinic: 612-273-9400 Sports Medicine Clinic: 612-884-0406 General Information: 612-273-8383 Hours: Monday-Friday 6:30-8pm Saturday-Sunday 6:30-5pm	<u>Hennepin County Medical Center</u> 701 Park Avenue South, Minneapolis, MN. 55415 Clinic Appointment and Information: 612-873-6963 Hospital Information: 612-873-3000
<u>Boynton Health Services – Student Health Center</u> 410 Church Street SE, Minneapolis, MN 55455 General Information 612-625-8400 Appointments 612-625-3222 Hours: Monday through Wednesday and Friday 7:45am – 4:30pm Thursday 9:00am – 4:30pm	



Roy Griak Invitational - 5k Course Map

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University of Minnesota



Roy Griak Invitational - 6k Course Map

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