

Roy Griak Invitational @ Les Bolstad G. C. (U of M)

Saturday, September 26

Bus : 11:00

1:40 Boys Gold (5000 meters)

Kyle Mills 12
Jonathan Sampers 12
Cameron Knotz,11
Shane McCallum 11
Chris Mergens 11
Chandler Dye 10
Calvin Lehn 10
Nathan Rock 10
Trevor Capra 9
Austin Rudoll 9
Alt. Timothy Sampers 10

3:55 Girls Maroon (5000 meters)

Abbie Bauernfeind 12
Ellen Fischer 12
Ashley Comstock 11
Kaitlyn Kleiber 11
Emily Davis 10
Laura Dennis 10
Tori Grund 10
Thana Hussein 10
Abbey Knoop 9
Hannah Grim 8
Alt. Taylor Rambo 9

Full Time Schedule

9:00 a.m. Women's Maroon III
(Division III) Competition

9:45 a.m. Women's Maroon II
(Division II) Competition

10:30 a.m. Men's Maroon
III (Division III) Competition

11:20 a.m. Men's Maroon
II (Division II) Competition

12:10 p.m. Men's Gold
(Division I) Competition

12:55 p.m. Jack Johnson
Women's Gold (Division I)
Competition

1:25 p.m. Goldy's Kids Race

**1:40 p.m. Larry Zirgibel's High
School Boys (Gold)**

2:25 p.m. High School Girls
(Gold)

3:10 p.m. High School Boys
(Maroon)

**3:55 p.m. High School Girls
(Maroon)**

Awards

Top 20 in each race.

Top 3 Teams (top 7)

Notes:

Warm-up w/your teammates

Follow regular practice warm-
up

Cool down w/teammates after
race (as soon as possible)

If you do not ride the bus back
from the Roy Griak, make sure
to tell Coach Hatleli. (Don't need
a note, just tell her.)

Notes:

Ticket price is: \$5.00 for adults
and \$2.00 for students.

**FOOD: BOYS NEED TO
BRING SOMETHING TO EAT
FOR LUNCH AFTER THEIR
RACE**

**FOOD: GIRLS NEED TO
BRING SOMETHING TO EAT
FOR LUNCH BEFORE THEIR
RACE**

**GATORADE: COACHES WILL
PROVIDE**