



*Mission Statement*  
Grand Forks Public Schools will provide an environment of educational excellence that engages all learners to develop their maximum potential for community and global success.

Mark Sanford Education Center  
PO Box 6000 (58206-6000)  
2400 47<sup>th</sup> Avenue South (58201-3405)  
Grand Forks, ND  
www.gfschools.org

Mark Rerick, CMAA, Athletic Director  
Department Phone: 701.787.4868  
Direct Phone: 701.787.4869  
Fax: 701.772.7739  
mrerick230@mygfschools.org  
jdahl190@mygfschools.org

August 24, 2020

To: Athletic Directors  
Cross Country Coaches

Re: August 29, 2020, Grand Forks Cross Country Invitational

Grand Forks Public Schools is excited to host your teams at several cross country meets this year. Although we are happy to provide the athletes a place to compete, all of our meets will be operated differently this year than in the past.

**When:** Saturday, August 29, 2020

**Where:** JV and Varsity at Lincoln Drive Park, 120 Euclid Avenue  
Middle School and JV2 at Riverside Park, 1811 N. 1<sup>st</sup> Street

**COVID-19 Safety Guidelines:**

1. All athletes, coaches, team personnel, and fans should self-assess for Covid-19 symptoms prior to arrival. Anyone experiencing symptoms or not feeling generally healthy should stay home.
2. Fans are limited to 2 family members per participant. Each school will receive wristbands to distribute to athletes.
3. The wristband does not replace the cost of admission.
4. Team camps will be spread out in each park.
5. Each athlete must provide his/her own water bottle. We will have someone responsible for filling athlete's bottles.
6. Awards will be compiled and distributed to coaches. There will be no awards ceremony.
7. Each race is restricted to a maximum of 10 runners per school.
8. Coaches are required to wear masks.
9. Meet personnel are required to wear masks.
10. Athletes are required to wear masks except when warming up, competing, and cooling down.
11. Teams will not be allowed into the park until 1 hour before the first race of the mini-meet.

12. Fans are asked to leave immediately after the mini-meet.
13. Teams are asked to leave immediately after the last competing athletes have completed their cool down.
14. Everyone should exercise social distancing in all areas, particularly at the starting line and finish chute.
15. No concessions will be sold.
16. Portable toilets will be available in both parks.

**Time:** 9:00 – **Central, Davies, Red River** arrive  
10:00 – JV Girls at Lincoln; MS girls at Riverside  
10:30 – Varsity Girls at Lincoln; JV2 girls at Riverside  
11:00 – JV Boys; MS boys at Riverside  
11:30 – Varsity Boys; JV2 boys at Riverside  
12:30 – Park needs to be empty

1:00 – **North, Sheyenne, South, West Fargo** arrive  
2:00 – JV Girls at Lincoln; MS girls at Riverside  
2:30 – Varsity Girls at Lincoln; JV2 girls at Riverside  
3:00 – JV Boys; MS boys at Riverside  
3:30 – Varsity Boys; JV2 boys at Riverside  
4:30 – Park needs to be empty

5:00 – **Devils Lake, Shanley, Valley City** arrive  
6:00 – JV Girls at Lincoln; MS girls at Riverside  
6:30 – Varsity Girls at Lincoln; JV2 girls at Riverside  
7:00 – JV Boys; MS boys at Riverside  
7:30 – Varsity Boys; JV2 boys at Riverside

**Awards:** Awards will not be distributed at this meet.  
No awards ceremony will take place.

**Event Entries:** Each team will get its roster on athletic.net for Varsity, JV1, JV2, and MS.

Invitations will be sent to separate meets, one for each location.

Location 1: Lincoln Drive Park - Varsity and JV1 - Northern Valley Invite (Varsity/JV1)

Location 2: Riverside Park - JV2 and Middle School - Northern Valley Invite (MS/JV2)

**Dressing:** Please come dressed and prepared to run. There are no locker room facilities

**Facilities:** available at either park.

**Parking:** Buses and school vans should park in the designated area along the western edge of Lincoln Drive Park and along N. 1<sup>st</sup> Street in Riverside Park.