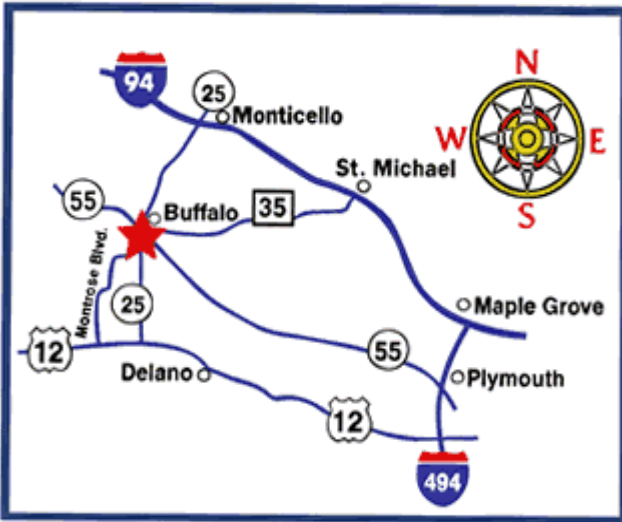


Buffalo Bison Cross Country Invitational September 18, 2023 Buffalo Heights Golf Course



Dear Athletic Directors and Cross-Country Coaches,

Buffalo High School will host the 48th Annual Buffalo High School Invitational Cross-Country Meet on Monday, September 18th, 2023. The event will be held at the Buffalo Heights Golf Course. It is located on Highway 25 south of Buffalo. We would **appreciate your cooperation in staying off the greens and tee boxes and that people should not bring their pets.** Please share with your athletes to be respectful of the property. Thanks.

Entry fees: \$200.00 - both boys and girls' teams or \$100.00 per gender

Gopher State Events (GSE) has been hired to handle meet registration, timing and scoring. At least two weeks prior to the meet please send an email to bob.schneider@gopherstateevents.com simply stating your school's name and the gender(s) that you coach. This will ensure that your team has been programmed in the system and GSE has your correct email address on file. Shortly thereafter, you will receive an email from GSE with specific instructions detailing registration procedures.

Portable restrooms are ordered for the event. Please communicate with athletes that clubhouse and restaurant bathrooms are off limits.

Concessions will also be available outside under the balcony. (Bison Cross Country Boosters)

The balcony area is off limits to athletes and spectators.

Awards: T shirts to top 12 finishers of both JV and Varsity. Ribbons for Middle School finishers.

We will not have an awards ceremony. Top 12 finishers from V and JV races should come to concessions to claim their shirt.

Directions to Buffalo Heights Golf Course:

From the North: Follow Hwy 25 South through Buffalo. Buffalo Heights will be on your right.

From the South: Between Delano and Montrose, take Highway 25 north, the Golf Course will be on your left as you enter Buffalo.

From the East: Take Highway 55 West. East of Buffalo turn left on County Road 147 to Highway 25. Turn left on Highway 25 south and proceed to course.

Parking:

It is a challenge with space available. Bus Drivers will be asked to drop off teams and then move to the Zion Lutheran Church **North parking lot**,...located on Highway 25 South of the Golf Course.

Trainer:

Our trainer will be on duty for injured runners.

Race Schedule and Lane Assignments are on this back page

Good luck and good running. We hope you enjoy the meet.
Coaches: Dave Knutsen,, Amber Sedbrook, Cody Sedbrook and Alicia Berkenes
Bison Cross Country Coaches

Buffalo Cross Country Invite Schedule

- 2:45pm Coaches meeting (in front of clubhouse)**
- 3:00pm 7& 8th Junior High Boys (approx. 3000 Meters)**
- 3:10pm 7& 8th Junior High Girls (approx. 3000 Meters)**
- 3:30pm Varsity Boys (5000 Meters)**
- 3:55pm Varsity Girls (5000 Meters)**
- 4:25pm Junior Varsity Boys (5000 Meters)**
- 4:45pm Junior Varsity Girls (5000 Meters)**
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Lane # Team

- 1. STMA**
- 2. Bemidji**
- 3. Buffalo**
- 4. Sauk Rapids-Rice**
- 5. Moorhead**
- 6. Rogers**
- 7. Brainerd**

Lane # Team

- 8. Elk River**
- 9. Sartell**
- 10. Rogers**
- 11. Providence Academy**
- 12. St. Thomas Academy**
- 13. Simley**
- 14. Rockford**
- 15. Waconia**
- 16. Delano**