



Blue Valley Southwest Cross Country



Roy Griak Invitational 2021 (Minneapolis, MN)

Cost (per runner)

Hotels will be paid for by the school, but each meal is on the athlete (Breakfast, Lunch & Dinner on Friday) & (Lunch Saturday)

Travel

We will take 3 school vans ON THE DAY OF THE MEET (Friday 9/24). Vans will be driven by the coaches. We will have 20 kids will go on the trip. We will make a multiple restroom stops along the way.

Hotel

We will be staying at Country Inn & Suites by Radisson. This will be After the meet on Friday. We will sleep 3-4 runners to a room. Runners will have assigned rooms. Breakfast that will be provided by the hotel after our morning run. We will establish a gathering area in the lobby for meetings & before we check out.

Country Inn & Suites by Radisson
2740 Snelling Ave N
Roseville, MN 55113

Meals – All athletes need to pay/plan for their own meals below*

Breakfast Friday – Each athlete should pack something

Lunch Friday – Stop in a shopping center in Burnsville, MN

Dinner Friday – Mall of America, on their own

Breakfast Saturday – Hotel (provided by hotel)

Lunch Saturday – Stop in Des Moines



Agenda

Friday, Sept. 24th

5:00am Depart from BVSW Athletic Lots (pack breakfast)
11:45am Lunch in Burnsville (Some Limited Options)
12:30pm Leave Lunch for Hotel (Check in) (Shake legs out)
1:30pm Leave Hotel for Les Bolstad Golf Course (site of race)
3:45pm Varsity Boys Race
4:30pm Varsity Girls Race
5:30pm Drive to Hotel, Clean up
6:30pm Drive to Mall of America (Dinner on your own)
9:00pm Head Back to Hotel
10:00pm Lights OUT! Respect those who wish to get rest.

Saturday, Sept. 25th

6:30am Meet in front lobby to drive to Practice
6:30am-8:00am Head out, Practice, go back to the hotel for breakfast
8:00-9:30am Breakfast, Clean up & Pack
9:30am Head home. For those traveling home with us, we will find a place to eat in Des Moines
4:30pm E.T.A. Back at BVSW

Runners & Race assignments

Varsity Boys

Drew Dombrosky
Gabe McGee
Brenden Duncan

Varsity Girls

Nicole Giam
Anna Strickland
Lila Schwarz

Nate Kaestner
Micah Paschke
Bailey Stanfield

Cara Mitchell
Addison Wilcott
Avery Ferguson*

Crew Buehler
Tommy Caul
Cooper Reeves
Canyon Buehler

Maryam El-Demerdash
Grace Zimmerman
Ashley Boley
Izzy Ross*