

ROY GRIAK INVITATIONAL

Hosted by: The University of Minnesota



Friday, September 20, 2024

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
9:50 AM – National Anthem
10:00 AM – Merrill Fischbein Men’s Gold (Division I) Competition
10:45 AM - Jack Johnson Women’s Gold (Division I) Competition
11:30 AM - Jo Rider Men’s Maroon Race (Division II & III) Competition
12:15 PM - Suzy Wilson Women’s Maroon (Division II & III) Competition

1:15 PM - National Anthem
1:30 PM - HS Boy's Championship Race
2:15 PM - HS Girl's Championship Race
3:00 PM – Lefty Wright Boys HS Maroon Competition
3:45 PM – Girls High School Maroon Competition
4:30 PM – Larry Zirgibel Boys HS Gold Competition
5:15 PM – Gary Wilson HS Girls Gold Competition

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 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 if lightning occurs within 10 miles, and athletes and spectators should seek shelter immediately. Teams should seek shelter on their team bus. Up to date weather information will be posted on gophersports.com/griak and on [@GopherCCTF](https://twitter.com/GopherCCTF) twitter.

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.

**The decision to suspend and subsequently resume completion is the responsibility of meet management, meet officials and athletic training staff.

Packet Pickup: Team packet pick-up will be in the Clubhouse building located 400m west of the start area
Open from 2:00pm-6:00pm on Thursday, September 19 and 8:00am-4:00PM on Friday, September 20

DNS/DNF: To comply with new NCAA DNS/DNF rules, all bibs of scratched runners must be turned in at packet pick-up or with the clerk at race check-in. All scratches prior to the start of the race will be listed as **DNS** in the meet results. Any runners that are not scratched and start the race will be listed as **DNF** in the meet results.

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MEET INFORMATION

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 The Camel Lot at the State Fair Grounds (Hoyt Ave West & Underwood St. Falcon Heights, 55108) Drop team off at the golf course on Larpenteur and proceed to the Camel Lot. (see enclosed parking map)

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

Clocks Display clocks and split mats at mile and 3K for all 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

Trophy for top three teams in each race and awards for top seven of the winning teams

Awards will take place during the race following (ie D1 men will get awards during D1 women's race etc.)

Results

Unofficial results will be posted online at gophersports.com at the conclusion of each race

Official results can be found online at www.pttiming.com/event-results

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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To: Cross-Country Athletic Trainers and Coaches
From: Kyle Zeiszler & Alex Fruetel , University of Minnesota XC Athletic Trainers
Re: 2024 Roy Griak Cross Country Invitational

Welcome to the University of Minnesota and the 2024 Roy Griak Cross Country Invitational. I would like to take this opportunity to inform you of the Athletic Training services available during your stay at the University.

Thursday from 2-6 pm there will be a medical tent with ATCs and basic supplies (water, first aid, taping, ice bags,, etc) at the course.

Friday starting at 8:00 am until the conclusion of the meet the medical tent will be fully staffed with ATCs, Physicians and EMS will arrive shortly after.

Supplies include:

- Tape and First Aid Supplies
- Water
- Ice Bags

Bad Weather Contingency

The decision to suspend and subsequently resume competition is the responsibility of meet officials and the athletic training staff.

Chain of command/directions:

- a) Event manager will monitor DTN weather system for lighting/inclement weather
- b) Event manager will notify Kyle Zeiszler, Alexandra Fruetel, ATC and head referee if a storm is approaching a 20 mile radius of the golf course
- c) If a race is in progress, weather will be monitored closely until the end of the race
- d) If lightning occurs within 10 miles, the meet will be suspended.
- e) When lightning has reached 10 miles everyone will be instructed to leave the course immediately and seek shelter at the locations indicated below.
- f) All spectators and competitor must be off the course and in a safe structure or location by the time lightning is within 6 miles as recommended by the National Sever Storms Laboratory (NSSL)
- g) The meet will resume when there has been no lightning activity for 30 minutes.

ADEQUATE SAFE SHELTER

- Maintenance Facility
- Bathrooms at the tee box of hole #4
- Shelter between 6th green and 7th tee box
- Tunnel under Larpenteur Ave
- Bathrooms located at the main building
- Shuttle buses (will continue to run and bring fans to vehicles)
- Team buses should return to Larpenteur and shelter their teams and shuttle any spectators to vehicles until all participant and spectators have been removed from the course
- Staff official to shelter in their vehicles

NOT A PORT-A POTTY
NOT A TENT
NOT A GOLF CART

In the event of a race suspension or delay, appropriate warm-up time will be provided. If a race is stopped due to lightning, event management, officials, and other event staff will determine appropriate actions.

UNIVERSITY OF MINNESOTA ATHLETIC MEDICINE

ROY GRIAK INVITATIONAL CROSS COUNTRY MEET

HEAT ILLNESS PROTOCOL (Updated 9/2024)

SIGNS:

Muscle cramps, nausea/vomiting, headache, dry mucous membranes, weakness, collapse, tachycardia, thirst, heavy sweating and pale, cool clammy skin, irritability

IMMEDIATE TREATMENT:

1. Remove from sun
2. Lie down with legs elevated
3. Obtain vital signs
4. Loosen clothing
5. Cool with ice packs or ice towels (consider ice bath)
6. Rehydrate patient orally

Confirm your diagnosis and evaluate for hypoglycemia, hyponatremia, dehydration, other causes if not improving within 5-10 minutes.

IF MORE SEVERE SIGNS:

Hot skin without perspiration, dizziness, hypotension, confusion, impaired judgement, hallucinations, seizure

→ A RECTAL TEMPERATURE MUST BE OBTAINED!

This is a medical emergency and a rectal temperature is the most reliable way for us to measure core temperature. Two medical providers should be with patient when staffing allows. The rectal temperature should be obtained by either a physician or EMT/paramedic.

If rectal temperature is >104 F and CNS changes:

1. This is heat stroke
2. Patient should be immersed in ice or cold water bath
3. Inform onsite EMT transport crew, notify medical director
4. Recheck rectal temperature every 5-10 minutes
5. If mental status is not improving within 15 minutes, consider alternate diagnosis
6. Stop cooling at 102F with disposition plans to be made by medical staff

If rectal temperature <104 but >102, consider alternate diagnosis but still implement cooling measures.

If rectal temperature <102F, consider alternate diagnoses including electrolyte abnormalities like hyponatremia.

<https://www.nata.org/practice-patient-care/health-issues/heat-illness> <https://ksi.uconn.edu/emergency-conditions/heat-illnesses/heat-syncope/>

UNIVERSITY OF MINNESOTA ATHLETIC MEDICINE

ROY GRIAK INVITATIONAL CROSS COUNTRY MEET HEAT POLICY

- The Medical Team will make decisions regarding shortening or cancelling races as they see fit based on Wet Bulb Globe Temperature (WBGT) & Region Specific Guidelines
- The WBGT will be checked by a member of the medical team every 30 minutes, beginning 30 minutes prior to the first race, through the start of the final race

Guidelines have been specifically developed for the Roy Griak Invitational Cross Country Meet in Falcon Heights, MN based on ACSM, MSHSL, NATA, and USA Track and Field Guidelines.

· GREEN = WBGT <77.9F (24.5C) – Normal Activities
· ORANGE = WBGT 78-81.9F (24.5-26.7C) – Shorten races by ~25% (College Men run 6K, College Women run 5K, high school athletes run 2 miles)
· BLACK = WBGT >82F (29C) – Races will be cancelled

Communication

- Medical staff will provide adequate communication to event staff who will provide loudspeaker announcements for:
 - Any changes to race distance
 - Any race cancellations

https://ksi.uconn.edu/wp-content/uploads/sites/1222/2018/08/RegionalWBGT_2015_AppliedGeography.pdf

<http://www.usatf.org/usatf/files/b7/b70321d0-3664-45db-98a5-3265b4cf613f.pdf>

<https://www.mshsl.org/mshsl/publications.asp#5>

If you have any needs or questions please feel free to contact me.

Contact Information

Kyle Zeiszler MS, LAT, ATC

Cell: 701-391-1215

Email: zeisz003@umn.edu

Athletic Training Room general line: 612-624-9573

Fairview Riverside Hospital Emergency Room

612-273-6402

2313 S. 6th St., Minneapolis

Fairview Riverside Hospital Information

612-273-3000