

**The 28<sup>th</sup> Annual Jim Flim  
Winona Invitational  
Cross Country Meet  
St. Mary's University, St. Yon's Field  
September 20, 2025**

**RACE SCHEDULE:**

9:00	4 <sup>th</sup> -6 <sup>th</sup> grade fun run	1 mile----- (Free – just show up to the line)
9:30	Boys and Girls C Race	2 mile----- (Timed results - no team scores)
10:00	Boys Junior Varsity	5000m----(unlimited)
10:30	Girls Varsity	5000m----(7 runners)
11:10	Boys Varsity	5000m----(7 runners)
11:40	Girls Junior Varsity	5000m----(unlimited)

**AWARDS:**

First Place Team Trophies for Boys and Girls Varsity Races

Individual Awards:

Varsity Races – “Top 10” Jim Flim Invite Sunglasses 1<sup>st</sup>-10<sup>th</sup>, Ribbons 11<sup>th</sup>-25<sup>th</sup>

JV Races – “Top 5” Jim Flim Invite Sunglasses 1<sup>st</sup>-5<sup>th</sup>, Ribbons 6<sup>th</sup>-20<sup>th</sup>

C Race – Ribbons 1<sup>st</sup>-15<sup>th</sup>

**SUBMITTING ENTRIES:**

Entries will be done online at [www.athletic.net](http://www.athletic.net). The window for submitting entries will close Wednesday, Sept. 17<sup>th</sup> at 9:00pm. Coaches will be asked to select either the Varsity, JV, or C race for each runner, but changes may be made on site Saturday morning or via email during the week. Contact us with any questions or problems using this format.

**VERY IMPORTANT:**

This is a race that utilizes chip timing. The chips are disposable and attached to the back of the bib number. Please instruct your runners to not remove the strips on the back of the bibs or crumple the bibs in any way. To ensure correct results we will be collecting unused bibs from runners not present as a precaution to make sure they do not end up setting off the chip reader.

**RESULTS:**

Unofficial results will be posted on the Winhawk Band Trailer at the meet staging area and online at <http://winonatiming.weebly.com/>. At the conclusion of the meet, results will be finalized and emailed out to each school. Additionally, official results will be posted on the Winona Senior High Cross Country Facebook page, on the [Jim Flim Invite Website](http://www.jimfliminvite.com), and on [Athletic.net](http://www.athletic.net).

## **ATHLETE DROP-OFF / BUS PARKING:**

St. Mary's University has asked that athlete drop-off occur on the upper campus, and then buses will park across Hwy. 14 in the Watters Hall parking lot. (See the [parking maps](#) provided. There should also be people directing traffic.) Athlete loading at the conclusion of the meet should be at the same place as drop off. After parking, parents may have to walk a bit to get to the course, so please remind them to plan accordingly. A golf cart will shuttle those who may not be able to walk to the course.

-You may pick up your race packet at the orange tent in the staging area at the race course.

## **TRAINER:**

There will be licensed athletic trainer on site.

## **CONCESSIONS/T-SHIRTS:**

There will be concessions available throughout the meet as well as T-shirts for \$20.

**ENTRY FEE:** \$250 per school, \$125 if boys or girls only.

Please pay PRIOR to the event. Send to: Casey Indra (507) 494-1527

[casey.indra@winona.k12.mn.us](mailto:casey.indra@winona.k12.mn.us)

WSHS Department of Athletics

901 Gilmore Ave.

Winona MN 55987

## **Participating teams as of: 9/11/25**

### **Box assignments**

Albert Lea – 20

Cotter/Hope (non varsity) – 24

Gale-Ettrick-Trempealeau – 13

La Crosse Logan – 7

Onalaska – 16

RAACHE – 14

Roch. John Marshall – 10

United South Central – 6

Belle Plaine – 1

Dover-Eyota – 19

Holman – 3

Minneapolis South – 22

Owatonna (non varsity) – 5

Red Wing – 12

Roch. Mayo (vars. only) – 4

Wabasha-Kellogg – 9

Chatfield – 23

Faribault – 2

Lewiston-Altura/R-P/H – 21

Pacelli – 11

Roch. Century – 8

Sioux Falls Jefferson – 15

Winona – 17