Grand Forks Tournaments

Tournaments sponsored by the NDHSAA and hosted by the Grand Forks Public Schools in Grand Forks, North Dakota

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Grand Forks, ND 58201
(701) 746-2200
Website: sites.google.com/view/grandforkstournaments
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Mike Biermaier, District Activities Director
Lexy Lee, Administrative Assistant
Tony Bina, Athletic Director - Grand Forks Central High School
Tyler Nelson, Athletic Director - Red River High School
Nate Carlson, Digital Media & Technology

September 26, 2026

To: Boys & Girls Cross-Country Coaches and Athletic Directors

Fr: Mike Biermaier, EDC Meet Manager, mbiermaier170@mygfschools.org
Tony Bina, EDC Meet Manager, abina200@mygfschools.org

Re: EDC Cross-Country Meet Information

The Eastern Dakota Conference Cross-Country Championships will be held on Saturday, October 10th, 2026, at Lincoln Drive Park in Grand Forks. Please read all information and inform your parents and fans of spectator expectations.

Coaches Meeting: 10:30 am in the warming house by the parking lot.
Please submit agenda items to abina200@mygfschools.org

SCHEDULE:
Boys 1st: even years
Girls 1st: odd years

11:30 AM	Elementary Mile
11:45 AM	National Anthem/Color Guard
12:00 PM	MS Boys 3K – Unlimited
12:25	MS Girls 3K – Unlimited
12:50	JV Boys 5K – Unlimited
1:30	JV Girls 5K – Unlimited
2:10	Varsity Boys 5K -- 10 Runners Maximum
2:50	Varsity Girls 5K -- 10 Runners Maximum
3:40	Awards Ceremony

AWARDS: Boys and Girls Varsity 1-20 EDC medallions. Team trophies will be awarded to the Team Champions in the Boys & Girls Varsity Divisions.
*Boys and Girls JH & JV 1-20 Ribbons.

SCORING: The top five runners will count for team score. Ghost scoring will be used if teams have fewer than five runners.

EVENT ENTRIES: Please enter your athletes using Athletic.net. Entries will be due by Noon on the Thursday before the race.

TIMING: Races will be chip timed. Timing provided by Hero's Timing.

SAOTY/COTY: Senior nominations must be submitted via Google Form:

Girls Form Boys Form

Nominations are due by noon on Wednesday, October 7th.
Links for SAOTY and COTY voting will be sent out Thursday 10/8 via Athletic.net – votes must be submitted by 9:00 PM, Friday, October 9th. (Only members of the NDHSCA are eligible for COTY).

CLOTHING ORDER: PRE-ORDERS ONLY. NO SALES ON SIGHT DAY OF.
Click here for online order link. (Opens Friday 10/2/26).
ONLINE ORDER Closes Monday, October 13th at 10:00 AM. Clothing orders will be delivered to teams at the State meet.

DRESSING: Come dressed to race as locker room facilities will not be available. Limited restroom facilities will be provided.

PARKING: Buses and school vans can take the back-bottom loop (Lincoln Drive) through the park to drop off athletes at the team camp area. Buses should then continue through the back-bottom loop (Lincoln Drive) to park on the top loop (Lanark Ave.) that exits the park west of the parking lot.

TRAINER: A Certified Athletic Trainer will be provided courtesy of Altru Sports Medicine (**please bring your own tape).**

ADMISSION: Admission will be charged: Adults $15.00, Students (K-12) $5.00

Cash or GoFan options

PETS: **NO PETS ON THE COURSE**. **Please share this with your parents/fans.**

Thank you, good luck, and if you have any questions please reach out to our team listed below.

Contact Information:

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