3rd Annual Middle School Cross Country Championships

McDowell Dam Saturday, October 17th – 1pm Start

LOCATION OF COURSE: The course is located at the McDowell Dam Recreational Area. The course surface is all grass with a few rolling hills.

McDowell Dam is located 6 miles east of Bismarck on Highway 10. Take I-94 exit 161 and head south 1.5 miles. Turn east onto County Road 10/East Main for 4.0 miles. Turn left on 93rd St. NE for 1.4 miles.

ORDER OF EVENTS – 1:00pm START

Race Time	CLASSIFICATION	DISTANCE	Medals
1:00 pm	6th Grade Boys	1,600 M	Top 20
1:15 pm	6th Grade Girls	1,600 M	Top 20
1:30 pm	7th/8th Grade Boys	3,000 M	Top 20
1:55 pm	7th/8th Grade Girls	3,000 M	Top 20
2:30 pm	Team and Individual Awards		

Team Trophies will be award to Top 3 Teams in each division.

Class A and B will be combined

The middle school state meet is recommended for 7th and 8th graders who are not returning all-state runners. It's the coaches' discretion on if they want to run a middle school athlete who will run on their HS state meet team.

PARKING: We will have assigned parking for all busses in the parking lot. There is plenty of parking for cars in the grass and some extra parking lot space.

DRESSING: Dressing facilities are limited, but there are public restrooms available.

SPORTS MEDICINE: Athletic trainers will be on hand to take care of all training needs. Please contact the public address table for any specific needs.

ENTRY PROCEDURE: All teams must enter using athletic.net

6th grade athletes **cannot race** in 7th/8th grade division. Only 6th grade athletes can enter the 6th grade division.

ENTRY Fee: $125 per school - $15 for individual

Your teams will be billed after the meet. Please do not bring checks or cash to the meet.

Middle School Championship Merchandise:

Merchandise will be sold on-site at meet

If you have any questions, don't hesitate to email Dave Zittleman at dave_zittleman@bismarckschools.org

Middle School State Meet Course Records:

6th Grade Girls
2025– Kylee Schanadore - Mandan - 5:44.82

6th Grade Boys
2024 - Hunter Moldena - Watcher - 5:16.54

7th/8th Grade Girls
2025 - Addison Reis - Simle - 11:30.40

7th/8th Grade Boys
2025 - *Jack Anderson - Discovery - 9:47.91*

Middle School Team Champions

6th Grade Girls:	6th Grade Boys:
2025 - Horizon - 39	2025 - Williston - 34
2024 - Horizon - 35	2024 - Watcher - 34

7th/8th Grade Girls:	7th/8th Grade Boys:
2025 - Mandan - 74	2025 - Horizon - 61
2024 - Horizon - 71	2024 - Horizon - 56

MD Individual Champions

6th Grade Girls
Kylee Schanandore - Mandan - 5:44.82
Hayva Weisbeck - Mandan - 6:05.48 - 2024

6th Grade Boys
James Kingston - Williston - 5:42.61 - 2025
Hunter Moldena - Watcher - 5:16.54 - 2024

7th/8th Grade Girls
Addison Reis - Simle - 11:30.40 - 2025
Hannah Hintz - Watcher - 11:33.18 - 2024

7th/8th Grade Girls
Jack Anderson - Discovery - 9:47.91 - 2025
Bracston Kaufman - Horizon - 9:57.14 - 2024