



2023 MHSAA U.P. High School Cross Country Finals
Saturday, October 21st

Host: Gladstone Senior High School

Course: Farmhouse B and B (4568 20th Rd. Gladstone MI 49837)

SCHEDULE OF EVENTS (all times listed in EST):

9:30 a.m.	Course Open for Preview
10:15 a.m.	Coaches Meeting-Trailer
11:00 a.m.	Division 1 Girls Race
11:30 a.m.	Division 2 Girls Race
12:00 p.m.	Division 3 Girls Race
12:30 p.m.	Division 1 Boys Race
1:00 p.m.	Division 2 Boys Race
1:30 p.m.	Division 3 Boys Race

**Awards will be done on a rolling format with presentations taking place shortly after the start of the next race (e.g. Division 1 Girls awards shortly after the start of the Division 2 Girls race)*

Competing Schools (* - cooperative team):

D1 – Calumet, Escanaba, Gladstone, Houghton, Ishpeming-Westwood, Kingsford*, Marquette, Menominee, Negaunee, Sault Ste. Marie, Powers North Central*

D2 – Baraga*, Gwinn, Hancock, Ironwood, Ishpeming, Manistique, Painesdale Jeffers, Wakefield-Marenisco*, West Iron County, Munising, Rudyard

D3 – Brimley, Brimley-Ojibwe Charter, Carney Nadeau, Cedarville*, Chassell, Dollar Bay, Eben Junction-Superior Central, Engadine, Ewen-Trout Creek, Newberry, Norway, Ontonagon, Pickford, Rapid River, Republic-Michigamme, Rock Mid Peninsula, Stephenson, Watersmeet, Crystal Fall Forest Park, Escanaba Holy Name, Kinross Maplewood-Baptist, St. Ignace

Meet Information:

- Restrooms and concessions are located on the grounds.
- NO DOGS OR ANIMALS ARE PERMITTED ON THE PREMISES!
- Admission is \$10 per car. Please make it known that cars transporting athletes will be charged admission (coaches and buses will not be charged).
- Officially licensed MHSAA apparel will be sold on site by EA Graphics and available throughout the event.

Entries:

Entries will be done on Athletic.net and timing will be done by Superior Timing.

Please have entries made on Athletic.net by no later than 7:00 PM EST on October 19, 2023.

U.P. Finals Meet Manager:

Dale Hongisto, Athletic Director

Gladstone Senior High School

2100 Hwy M35

Office Phone: 906-789-8321

Cell Phone: 906-280-7902 (Feel free to text)

Email: dhongisto@gladstone.k12.mi.us

E.A.

Graphics

JUNIOR HIGH / MIDDLE SCHOOL 2023 CROSS COUNTRY REGIONALS

OFFICIAL MERCHANDISE SUPPLIER OF THE **MHSAA** CHAMPIONSHIPS

JR XC T-SHIRT - BLACK



\$20.00

JR XC L/S TEE - BLACK



\$25.00

JR XC HOOD - BLACK



\$50.00

OH WHAT FUN TEE



\$20.00

XC THING LONG SLEEVE



\$25.00

OVER THE RIVER DRI-FIT



\$25.00

BLACK JOGGER



\$30.00

CROSS COUNTRY BEANIE



\$20.00

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