GEORGE - LITTLE ROCK COMMUNITY SCHOOLS
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Superintendent – Amanda Miller
Business Manager - Cathy Bonestroo
MS/HS Principal– Tyler Glanzer
Elementary Principal – Karie Aeikens
Activities Director – Ashley Delaney

2026 George-Little Rock/Central Lyon Cross Country Invitational

TO: Athletic Directors and Cross Country Coaches
FROM: Ethan Van Briesen, Head Coach & Ashley Delaney, AD
RE: GLR/CL Coed Cross Country Meet

On behalf of the George Little Rock Community Schools, welcome to this year's GLR-CL Coed Cross Country Meet to be held at the **Otter Valley Country Club**.

Date: Thursday, October 8, 2026

Time/Distance:

- **4:00** Middle School Girls, 2 miles, Unlimited Entry
- **4:30** Middle School Boys, 2 Miles, Unlimited Entry
- **5:00** JV/Varsity Girls - 5K - Run 7, count 5 for team score for varsity &unlimited entry for JV
- **5:40** JV/Varsity Boys - 5K - Run 7, count 5 for team score for varsity &unlimited entry for JV

Location: Otter Valley Country Club, 5 miles south of George on L14

Awards:

- Varsity Girls and Boys – 1st -20th Ind. Medals
- JV Girls and Boys - 1st - 15th Ind. Medals
- MS Girls and Boys - 1st - 10th Ind. Medals

Entry Fee:Please make all checks payable to George Little Rock

- $60.00 Girls Team
- $60.00 Boys Team
- $10.00 per Individual not on a full team

Dressing Facilities will not be available.

Participating Schools:

- BH/RV
- GLR/CL
- HLP
- HMS
- Okoboji
- Remsen St. Mary's
- Sioux Center
- Trinity Christian
- West Lyon

General Comments:

1. Teams need to check their rosters in the online database to make sure they have all their runners entered and marked "Y" as active.
2. The link: xc.screlays.com **HS Password is "xc2026" and MS Password is "2026ms"**
3. Live Results for the meet can be found at: http://www.dakotatiming.com
4. Meet officials will be on the course to direct runners and disqualify corner cutters.
5. Restrooms will be available inside the clubhouse.
6. Summaries of places, times, and team results will be emailed the day following the meet.

Thanks for your cooperation; we hope to make this event a great experience for your athletes. Thanks for attending and good luck!