Announcing the 44th-Annual
Luther College – ALL-AMERICAN INVITATIONAL – Cross Country Meet
Saturday, September 12th, 2015

JUNIOR HIGH – run as one race
9:00 am – Spoon-Serres All-American Race – 7th & 8th grade girls 3.2K, unlimited entries
9:00 am – Busche-McKay-Mitchell All-American Race – 7th & 8th grade boys 3.2K, unlimited entries

HIGH SCHOOL – one division for each race
9:25 am – Lynch-Dobyns All-American Race – high school girls JV 5K, unlimited entries
10:05 am – McGrew-Sundet-Bohach All-American Race – high school boys JV 5K, unlimited entries
10:35 am – Johnson-Olson All-American Race – high school girls varsity 5K, 7 runners
11:05 am – Glessner-Livingood-Olson-Sandness All-American Race – high school boys varsity 5K, 7 runners

COLLEGE
11:30 am – Asfahl-Hauglund-Swenson All-American Race – college women 5K, unlimited entries
12:00 pm – Takle-Sundet-Rapp-Murray All-American Race – college men 4Mile, unlimited entries

COURSE
 Trails through woods and prairie provide an excellent cross country course on Luther’s campus. The surface is grass or dirt paths, or grass fields — there is no pavement. The topography includes both flat-open fields and challenging hills. Teams are welcome to preview the course on Friday.

PARTICIPATION AND ENTRIES
Please confirm your team’s intent to participate. All coaches, direct your intentions to: Steve Pasche, crosscountry@luther.edu
Procedures for submitting entries will be sent by email to all participating coaches in late August. Entries must be completed online by 10:59 PM on Wednesday, September 9th, 2015. Chip timing and results by Wayzata Results. The high-school races are sanctioned annually through the NFHS. HS coaches will receive contracts by email in mid-August. For the HS races, runners do not need to be declared for a particular race (i.e., jr high, JV, or varsity), simply put them in the race you prefer on race day.

ENTRY FEES
$100 per high-school gender (varsity and JV combined). Any junior-high teams are free. $150 per college gender, $15 for unattached runners in the college races, Luther XC Alumni are free, XC Alumni of participating college teams are free. Mail your entry fee so that we receive the check before race day or deliver your entry fee in person at the meet – entry fees must be received at or prior to check-in. Checks payable to Luther College. Mail to: Steve Pasche, Luther College XC, 700 College Drive, Decorah, IA 52101

AWARDS
Team champions in each of the eight races will receive a trophy. The top-fifteen finishers in the high-school races will each receive a medal. All participants in the junior-high races will receive a ribbon. In the college races, the top-fifteen finishers will each receive a distinctive "Top-15" T-shirt. Unattached runners and alumni in the college races will be excluded from awards.

TRAVEL
Driving directions to Luther College: www.luther.edu/campus/directions, Parking is free for all, including both teams and spectators. Park at the Regents Center Parking Lot, on the northwest side of campus www.luther.edu/campus/map, and allow Luther Security to direct you from there. The XC start/finish/camps area is near the soccer pitch. Decorah-area lodging: www.luther.edu/decorah/lodging

HISTORY
This meet has been running strong since its start in 1972. The titles of the eight races represent the twenty-three Luther College men and women who have raced to All-American honors at the National Cross Country Championships.

Luther Men XC All-Americans
Gene Takle 1965, 1966 (national champ)
Bruce Sundet 1967
Keith Rapp 1970, 1971
Steve Murray 1973, 1974
Mark Glessner 1980
Al Livingood 1985
Stephan Sandness 1985
Eric Olson 1985
Brent McGrew 1995
Mark Sundet 1995, 1996
Adam Bohach 2006
Matthew Busche 2006, 2007
David McKay 2007, 2008
Marty Mitchell 2013

Luther Women XC All-Americans
Diane Asfahl 1979
Lori Haugland 1981
Linda Swenson 1984
Turena Johnson 1995, 1996 (national champ)
Johanna Olson 1999, 2000 (national champ), 2001
Emily Lynch 2004
Emma Spoon 2011
Tricia Serres 2012, 2013

Our “All-American Invitational” T-shirts will be available at the meet for $15.