

Announcing the 50TH Annual Luther College – ALL-AMERICAN INVITATIONAL – Cross Country Meet Saturday, September 9th, 2023

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 – **McKay-Mitchell-Jensen 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

10:00 am – **McGrew-Sundet-Bohach-Busche All-American Race** – High School Boys JV 5K, unlimited entries

10:40 am – *National Anthem*

10:50 am – **Johnson-Olson All-American Race** – High School Girls Varsity 5K, **new: run up to 10 athletes**

11:20 am – **Glessner-Livingood-Olson-Sandness All-American Race** – High School Boys Varsity 5K, **new: run up to 10 athletes**

COLLEGE

11:45 am – **Asfahl-Hauglund-Swenson All-American Race** – College Women 5K, unlimited entries

12:15 pm – **Takle-Sundet-Rapp-Murray All-American Race** – College Men 4Mile, unlimited entries

COURSE

Trails through woods and prairie provide an outstanding cross country course on Luther's campus. The surface is grass or dirt trails, or grass fields. There is no pavement. The topography includes both flat-open fields and defining hills. The route of the course is designed to allow the possibility of personal best over the distance, but also to notably maintain the character of a fun & honest XC course with inherent challenge. Teams are welcome to preview the course on Friday.

PARTICIPATION

Coaches, please confirm by email your team's intent to participate: Steve Pasche <crosscountry@luther.edu>. HS coaches, please relay meet information, contracts, and entry procedures to your administrators if necessary. The HS meet is sanctioned annually by the NFHS. Specific procedures for submitting entries will be sent by email in late-August to all coaches of confirmed teams.

ENTRY FEES

\$150 per high-school gender (Vars and JV combined). Junior-high teams are free! \$150 per college gender, \$20 for unattached runners in the college races, XC-alumni of all participating college teams are free. HS payment options: 1) mail your entry fee so we receive the check before race day, 2) pay by credit card on Athletic.net when you submit entries, or 3) deliver your entry fee in person at the meet. **Entry fees are due prior to receiving your team's bib #'s.** All checks payable to Luther College. Mail to: Steve Pasche, Luther College XC, 700 College Drive, Decorah, IA 52101

RESULTS, AWARDS

Chip timing and results by Wayzata Results. Team champions in each of the six MS/HS races will receive an award. The top 15 finishers in the HS JV races and the top 40 finishers in the HS varsity races will each receive an award. 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" shirt. Unattached runners and alumni in the college races will be excluded from awards. [2022 results \(linked\)](#) [HS Girls Individual Honor Roll \(linked\)](#) [HS Boys Individual Honor Roll \(linked\)](#)

TRAVEL

Parking and entrance to the meet is free!, including both teams and spectators. **Teams, arrive by way of Luther's main/north entrance via "College Drive,"** then proceed to the Regents Center Parking Lot, on the lower/northwest side of [campus \(linked\)](#), and allow Luther Security to direct your unloading and parking from there. The XC start/finish/camps-area is near the soccer pitch. Decorah-area [food & lodging \(linked\)](#). Buffet lunch for teams is available for \$10/person in the Luther Cafeteria [by arrangement \(linked form\)](#).

HISTORY

The meet got its start in 1972 by Luther coach Kent Finanger. The titles of the eight races represent the twenty-four Luther College women and men who have raced to All-American honors at the National Cross Country Championships.

Luther Men XC All-Americans

Gene Takle	1965, 1966 (national champion)
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
Isaac Jensen	2016

Luther Women XC All-Americans

Diane Asfahl	1979
Lori Haugland	1981
Linda Swenson	1984
Turena Johnson	1995, 1996 (national champion)
Johanna Olson	1999, 2000 (national champion), 2001
Emily Lynch	2004
Janet Dobyns	2006, 2007, 2008
Emma Spoon	2011
Tricia Serres	2012, 2013

**Our "All-American Invitational"
T-shirts will be available at the meet for \$15**