

## **Thursday, September 4, 2025**

Location: Gale Woods Farm, Minnetrista, MN

### **Welcome to the 13th Annual Bauman/Rovn Hopkins XC Invitational.**

The course is part of the Three Rivers Park system and was designed specifically as a permanent cross country course. It is generally viewed by those who have competed here to be a demanding course with rolling terrain and several very tough hills. The meet name celebrates two Hopkins cross country coaches who have made deep impacts at Hopkins along with successful team championships within the conference, sectional, and state levels; **Ed Bauman 1990-2006 and Jim Rovn 1978-2010.**

### **Schedule**

**1:55 pm** Early Release for Armstrong Students

**2:10 pm** Bus Leaves Armstrong

**2:15pm** Bus pick-up at PMS

<b>Time</b>	<b>Race</b>	<b>Distance</b>	<b>Awards</b>
<b>4:00</b>	Boys JV	5K (unlimited)	Top 15 T-shirts
<b>4:30</b>	Girls JV	5K (unlimited)	Top 15 T-shirts
<b>5:10</b>	<b>Boys Varsity</b>	<b>5K(enter up to 14)</b>	Top 25 T-shirts
<b>5:35</b>	<b>Girls Varsity</b>	<b>5K(enter up to 14)</b>	Top 25 T-shirts
<b>6:05</b>	Boys Middle /JH	<b>3K</b> (unlimited)	Top 10 T-shirts
<b>6:30</b>	Girls Middle /JH	<b>3K</b> (unlimited)	Top 10 T-shirts
<b>7:00</b>	<b>Awards</b> located on the hillside next to start/finish		

8:00pm Bus Arrives at Armstrong

### **Athletes, Parents, and cross country fans**

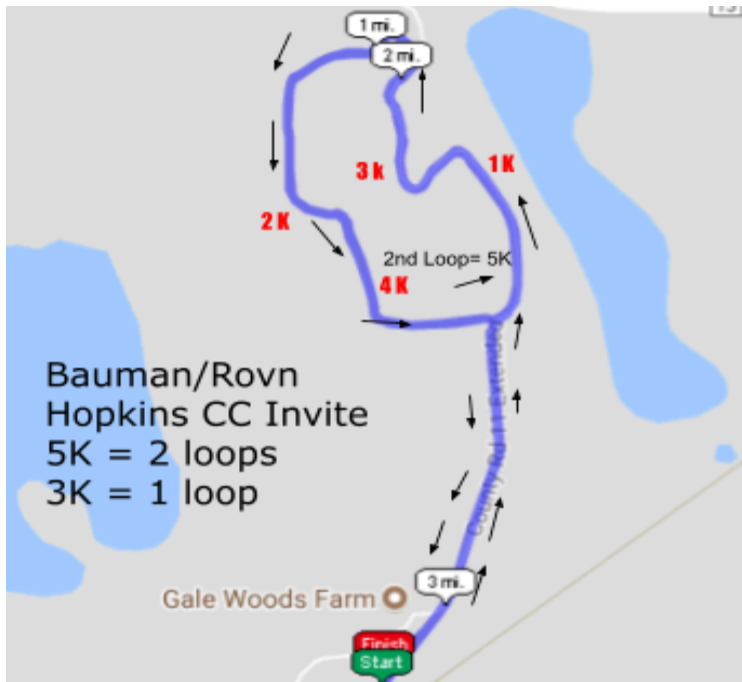
**Timing:** Chip timing for all races. Results can be found at <http://www.gopherstateevents.com>

**Parking:** Gale Woods has limited parking (7210 County Rd 110 W, Minnetrista, MN 55364)  
other parking options: WRA park (600 meters from start/finish area at Gale Woods)  
7201 County Road 110 West, Minnetrista, Minnesota 5536

### **NO DOGS ALLOWED AT GALE WOODS FARMS.**

Bauman-Rovn Hopkins Invite course MAP. ALL athletes and coaches are expected to be aware of the race course directions. *No officials will read times for the mile or k's. The course is clearly marked and it is expected that athletes will stay on the course and not cut course cones or flagging. Coaches, athletes, and spectators may travel to the top (½ mile) loop, however it is expected that the race course will be clear for the 6 races from 4pm - 7pm.* The course is part of the Three Rivers Park system and was designed specifically as a permanent cross country course. It is generally viewed by those who have competed here to be a demanding course with rolling terrain and several very tough hills. **It is NOT a very nice spectator course for the**

parents or grandparents who may have trouble navigating to the top of the hill where the loop is located. In this case please advise to watch the start and finish only.



- Designated 1K, 2K, 3K, 4K, plus 1 mile and 2 mile markings are located on the race course.
- JH racers will run approximately 1.8 mile (runners will run on the old “4K” cutoff -one lap)