



# Big Rivers Conference Cross Country Championships

## Saturday, October 17, 2015

### at Menomonie High School



Chippewa Falls | Eau Claire Memorial | Eau Claire North | Hudson | Menomonie | Rice Lake | River Falls

- Schedule:**
- |          |  |
|----------|--|
| 8:00 AM  | Course opens for inspection                    |
| 9:30 AM  | Coaches Meeting (at finish line)               |
| 10:00 AM | Girls Varsity 5000m Race                       |
| 10:40 AM | Boys Varsity 5000m Race                        |
| 11:20 AM | Girls JV 5000m Race                            |
| 12:00 PM | Boys JV 5000m Race                             |
| 12:40 PM | Awards Ceremony (Outside, weather permitting.) |
- Course:** The course for all races is a 5000m distance, run on the grounds of Menomonie High School. Maps and Course video can be found at: <http://bit.ly/1rnL9zi>
- Entries & Timing:** AccuRaceTiming has been contracted to do online entries and automatic timing of the meet. Entries can be done at [www.directathletics.com](http://www.directathletics.com) and must be completed by **Thursday, October 15th at Noon**. On race day you can pick up your packet of bib numbers from the timer at the finish line. Bylaws allow 8 Varsity athletes and unlimited Junior Varsity.
- Awards:** New to our bylaws in 2015, we will be presenting Medals to the top 24 runners in each race (V & JV) as well as a Team Trophy to the Varsity Conference Champion teams.
- Athletic Trainer:** There will be a licensed athletic trainer on site, stationed near the finish line for the duration of the meet. Thanks to Mayo Health Systems - Menomonie for providing us with the trainer.
- Facilities:** Team camps can be set-up either outside between the pool and tennis courts or inside the fieldhouse. Please pick-up before you leave!
- Restrooms are available by going through the fieldhouse and to the right (towards the pool) or to the left (towards the weight room). We will also have two port-a-potties near the starting line for athlete use only.
- A concession stand and t-shirt vendor will be located inside the fieldhouse. The t-shirt vendor should also be contacting coaches with information about pre-ordering shirts.
- Directions & Parking:** From I-94 or from Hwy 29, take South Broadway (Hwy 25) to 20th Avenue. Turn right on 20th and follow to end, turn right on Bongey Dr. which will lead into the South Parking lot of the High School. Buses should drop off the athletes on the west end of the south lot, then proceed to the north end of the main parking lot until the end of the meet. The south lot and south side of the main lot is for spectator parking.
- Questions:** If you have any questions or concerns about the meet, please contact:

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