



CHI-HI CROSS COUNTRY INVITATIONAL
September 29th, 2016
Lake Wissota Golf Course



TO: Athletic Directors and Head Cross Country Coaches

FROM: Mike Thompson, Activities Director
Karen Swanson, Head Cross Country Coach

The 2016 Chi-Hi Cross Country Invitational will be held on **Thursday, September 29th**, at Lake Wissota Golf Course. We look forward to a great event.

ENTRIES: We are using AccuRace Timing Services this year. Coaches must complete their entries at www.directathletics.com. Coaches must list the full name, grade, and Varsity or JV for each athlete. Teams may start 8 Varsity runners (only the top 7 will score) Entries must be submitted by Noon on Wednesday, September 28th.

TEAMS: Baldwin-Woodville, Chippewa Falls, EC Memorial, EC North, Hudson, New Richmond, La Crosse Logan, Stanley-Boyd, Superior

SCHEDULE: Course Open at 2:00. Coaches meeting at 3:00. Meet at the Finish Line.

3:30 Boys Varsity Race
4:00 Girls Varsity Race
4:30 Boys Junior Varsity Race
5:10 Girls Junior Varsity Race
5:50 Mascot Race
6:00 Awards

- **Please note that all races will be 5000m.**

AWARDS: Plaques for 1st and 2nd place Varsity teams. Medals for Top 15 Individuals in both Varsity races. Ribbons for top 15 finishers in both JV races.

TRAINER: An athletic trainer will be on-site for the duration of the meet.

CONCESSIONS: The Golf course restaurant will be open.

T-SHIRTS: Long-sleeved T-Shirts will be available for \$20.00.

MASCOT RACE: One of the unique traditions of our Invitational is the much anticipated mascot race. Please contact Mike Thompson at thompsmj@chiofalls.org with whether or not your mascot will be involved with this race!

MISCELLANEOUS:

- The team tent area is directly adjacent to the parking lot, between the lot and the 9th green. PLEASE DO NOT WALK OVER THE GREEN to get to the start.
- Please have your bus drop everyone off by the clubhouse and then park at the boat landing back near HWY S.

QUESTIONS: If you have any questions, please contact: Mike Thompson: thompsmj@chipfalls.org
Cell Phone: 715-864-9159.

Karen Swanson: swansokr@chipfalls.org

SECTIONAL COURSE 5K Course

