

HOLMEN CROSS COUNTRY MEET

Host: Holmen High School
Tuesday, September 23, 2014
Holmen High School

Participating Schools

Arcadia	Holmen
Brookwood	Logan Boys
Central	New Lisbon
G-E-T	Onalaska
Hillsboro	Tomah

Times

Course Opens:	3:00 p.m.
Coaches Meeting:	3:30 p.m.
Boys	4:00 p.m.
Girls	4:45 p.m.
Awards	5:15 p.m.

The Course

The meet will be held at Holmen High School. Course maps will be available the day of the meet.

The course will be 5,000 meters for boys and for girls. The race will be run on the school grounds. Spikes will be allowed – maximum of 1/2”.

T-shirts

T-shirts will be available the day of the meet.

Parking

There will be parking available in the student parking lot in front of the high school.

Locker Rooms will NOT be available.

Restrooms: Empire Stadium restrooms will be open.

On-line Registration

We will be using AccuRace Timing Services for registration. To register runners, go to www.directathletics.com. From the main page, click on the upcoming events tab, locate the Holmen Cross Country Invite, and enter your runners by gender into the race. Make sure that you complete the form to receive an electronic summary of your runners to check for accuracy. **If you do not have a login and password with AccuRace, you will need to set one up by following the directions found on the main page.**

On-line registration will close at 8:00 PM on Sunday, September 21.

Teams that DO NOT pre-register on-line will not be allowed to participate the day of the race and will not be refunded their entry fees.

Entry Fee

\$150.00 (\$80.00 Boys or Girls)

Mail Entry Fee To:

Holmen High School Activities
1001 McHugh Rd.
Holmen, WI 54636-9296

Awards

- Team trophy for top boys and girls teams
- Medals for top 25 in each race
- School Trophy to overall combine boys and girls team scores

Questions

Mark Englerth – Activities Director
Steve Mally – Head Coach
(608) 526-3391, Ext. 5812
Holmen High School Activities Office
Tel. No. (608) 526-9208

Please be aware of the soccer game and football practice taking place and respect those events!!

No Pets Allowed!!!

2014 HOLMEN CROSS COUNTRY INVITATIONAL

1. Enclosed in your race packet you should find:
 - Bib Numbers and safety pins (provided by AccuRace Timing Services)
 - Sheet listing names with assigned numbers(provided by AccuRace Timing Services)
2. Use your listing sheet (with bib numbers). Make sure each runner correctly gets their bib number.
3. Your runners should pin the bib number to their jersey, using the pinholes on the bib. **DO NOT PIN THROUGH THE TEAROFF PART OF THE TAG.** The tags will be collected in the chute. If they lose a tag during the race, a new one will be made in the chute.
4. A course map will be available on site.
5. Team parking should be in the student parking lot.
6. We ask that you put your tents and camp areas along the stadium fence or near the building. Tents must be secured.
7. Stadium restrooms will be open for use during the meet.
8. No Pets Allowed.
9. Awards
 - Team trophy for top boys and girls teams
 - Medals for top 25 in each race
 - School Trophy to overall combine boys and girls team scores
10. The course is flagged and coned.
 - Red – left turn
 - Yellow – right turn
 - Blue – straightWe'll announce mile and 2 mile splits.
11. Race Schedule
 - 3:00 PM – Course Opens
 - 3:30 PM – Coaches Meeting
 - 4:00 PM – Boys Race
 - 4:45 PM – Girls Race
 - 5:30 PM - Awards
12. Entry checks may be turned in to Steve Mally if they have not been paid.
13. T-shirts will be available the day of the meet .
14. Results will be available on AccuRace Timing Services' website at www.directathletics.com .
15. Have a good race!



Holmen Viking Invite
5k Course
HHS Campus

- First from start - straight ahead.
- Second loop - straight to mile 2
- Third time past start - left to finish.
- Mile markers are denoted by number

LANE ASSIGNMENTS FOR BOYS & GIRLS

- 1 - Brookwood
- 2 - G-E-T
- 3 - Logan (Boys Only)
- 4 - Tomah
- 5 - Holmen
- 6 - Arcadia
- 7 - Central
- 8 - New Lisbon
- 9 - Onalaska
- 10 - Hillsboro