



# DeForest Area High School

Mike McHugh  
Athletic/Activities Director  
815 Jefferson Street  
DeForest, WI 53532  
(608) 842-6650  
(608) 842-6815 Fax

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August, 2014

Dear Coach, Athletic Director

We are looking forward to your participation in the 28<sup>th</sup> Annual Norskis Invite on Thursday, September 4<sup>th</sup>. We hope the meet will get your 2014 Cross Country season off to an excellent start.

**PARTICIPANTS:** Baraboo (boys), Berlin, DeForest, Lake Mills, McFarland, Monona Grove, Portage, Reedsburg, River Valley, Sauk Prairie, and Waunakee

**LOCATION:** DeForest Area High School – located off US Highway 51 North of Madison.  
Course maps will be sent to you before the meet.

**RACE SCHEDULE:** ONE RACE FOR GIRLS, ONE FOR BOYS.

<b>TIMES:</b>	4:15 – 5:30	Course Open for touring and warm up
	4:15	Coaches pick up numbers, packet, etc.
	5:30	Boys 5000 meter race
	6:15	Girls 5000 meter race
		Awards Presented as soon as results are available.

Please bring your \$120.00 entry fee (\$60.00 per team) to the meet if not already sent.

Courses will be flagged and lined by 4:15 PM.

Courses are run on grass. The majority of the course is flat. Courses cross asphalt a number of times during the race. 1600 and 3200 meters will be marked and splits called. Coaches and spectators are not allowed on the running course while there are runners present.

Entries: We will be using Accurace timing this year.

Make your entries through DirectAthletics at [www.directathletics.com](http://www.directathletics.com), with a deadline set for 8pm on Tuesday, September 2<sup>nd</sup>.

**NO ENTRY ADDITIONS ALLOWED ON MEET DAY**

**Check In:** All head coaches must pick up packets by 4:30.

**Parking:** Please use the west student lot for bus and spectator parking.

**Restrooms:** Available in the Athletic Stadium Building.  
No locker rooms will be available.

**Starters:** Jon Hegge of Evansville  
Tom Mueller of Oregon

Games Committee/Jury of Appeals:

Comprised of:

- a. Meet Starters/Officials
- b. Meet Managers, Joe Parker, Christopher Smith, Mike McHugh
- c. Boy's Coach from Berlin
- d. Girl's Coach from River Valley

The committee will serve as the final board of appeals

- a. Hearing and ruling on appeals of official's decisions.
- b. This committee has no authority to set aside, modify, or change defined WIAA tournament qualifying procedures or National Federation Track and Field and Cross Country rules.

Scoring: Score your first five runners with two pushers. No need to designate your top runners. All of your team is eligible to score.

Starting line Assignments:

- |                 |              |                  |
|-----------------|--------------|------------------|
| 1. Lake Mills   | 5. Reedsburg | 9. River Valley  |
| 2. Portage      | 6. Berlin    | 10. Sauk Prairie |
| 3. DeForest     | 7. Waunakee  | 11. Baraboo boys |
| 4. Monona Grove | 8. McFarland | 12. Watertown    |

Awards: The awards will include:

1. Plaques to the championship and runner up teams.
2. Medals to the first 20 finishers.

Our athletic trainer, Scott Cole, will be on hand throughout the meet near the start/finish area.

Concessions: Concessions will be available during and after the meet in the Stadium Area.

T-shirts: A limited number of shirts will be available at the meet. Cost is \$15.00

Questions: Please contact

Mike McHugh, Athletic Director, Meet Manager	608-842-6651
Joe Parker, Boys Cross Country Coach	608-842-6562
Christopher Smith, Girls Cross Country Coach	608-842-6710
Teal Butler, Athletic Secretary	608-842-6650