

VIROQUA XC INVITATIONAL 2015

Date: Thursday, September 3, 2015

Location: Viroqua Hills Golf Course
1110 U.S. 14 Viroqua, WI 54665

Times: 3:30 Course opens for inspection
4:30 Girls Race
5:15 Boys Race

Course: Boys and Girls: 5000 meters

Scoring: There will be one race each for boys and girls. The top 5 finishers of each team will be scored, 6th and 7th runners will be pushers, and all other finishers will be ignored for scoring purposes. Accurace Timing will be used for scoring and timing this year.

Awards: All runners on each team are allowed to participate in the meet and compete for medals. Medals will be awarded to the top fifteen finishers in each race and trophies will be awarded to the top boys and girls teams.

Regisitration: Registration must be done online at www.directathletics.com. The deadline for registration is 11:59pm on Tuesday, Sept. 1.

Results: Results will be posted on www accuracetiming.com and www.viroquaxc.com.

Spikes: Spikes are allowed and must conform to WIAA regulations. Absolutely no spikes allowed in the clubhouse!

Extra Info: Please respect the facilities at Viroqua Hills. Stay off greens and tee boxes! Also, please advise runners to remove spikes and dirty shoes before entering the clubhouse.

Teams: Brookwood, Hillsboro, Holmen, Kickapoo-LaFarge, LaCrosse Central, Necedah, New Lisbon, N. Crawford, Royal, Sparta, Tomah, Viroqua, Wauzeka-Steuben

Questions: **Scott Benzing (Head Coach):** bensco@viroqua.k12.wi.us
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