

# VIROQUA XC INVITATIONAL

**Date:** Thursday, August 31, 2023

**Location:** Vernon County Fairgrounds  
Fairgrounds Road Viroqua, WI 54665

**Parking:** Parking will be available along Fairgrounds Road (main entrance) and in the Viroqua Community Arena parking lot.  
*\*Do not enter the fairgrounds from the Croell Inc. cement plant entrance!*  
*\*No parking in parking lots at any businesses on Nelson Parkway!*

**Times:** 3:00 Course opens for inspection  
4:00 Middle School Boys Race  
4:30 Middle School Girls Race  
5:00 High School Boys Race  
5:45 High School Girls Race

**Course:** *High School Boys and Girls:* 5000 meters (3.1 miles)  
*Middle School Boys and Girls:* Approximately 2700 meters (1.7 miles)

**Scoring:** 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.  
Accurate Timing will be used for scoring and timing this year.

**Awards:** *High School:* Individual medals to top 20, team awards to top 2 teams  
*Middle School:* Individual medals to top 15, team awards to top 2 teams  
*\*Awards ceremony will be held at completion of the HS boys race.*

**Registration:** Registration must be done online at [wi.milesplit.com](http://wi.milesplit.com). The deadline for registration is noon on Tuesday, August 29.

**Results:** Results will be posted on [www accuracetiming.com](http://www accuracetiming.com) and [www.viroquaxc.com](http://www.viroquaxc.com).

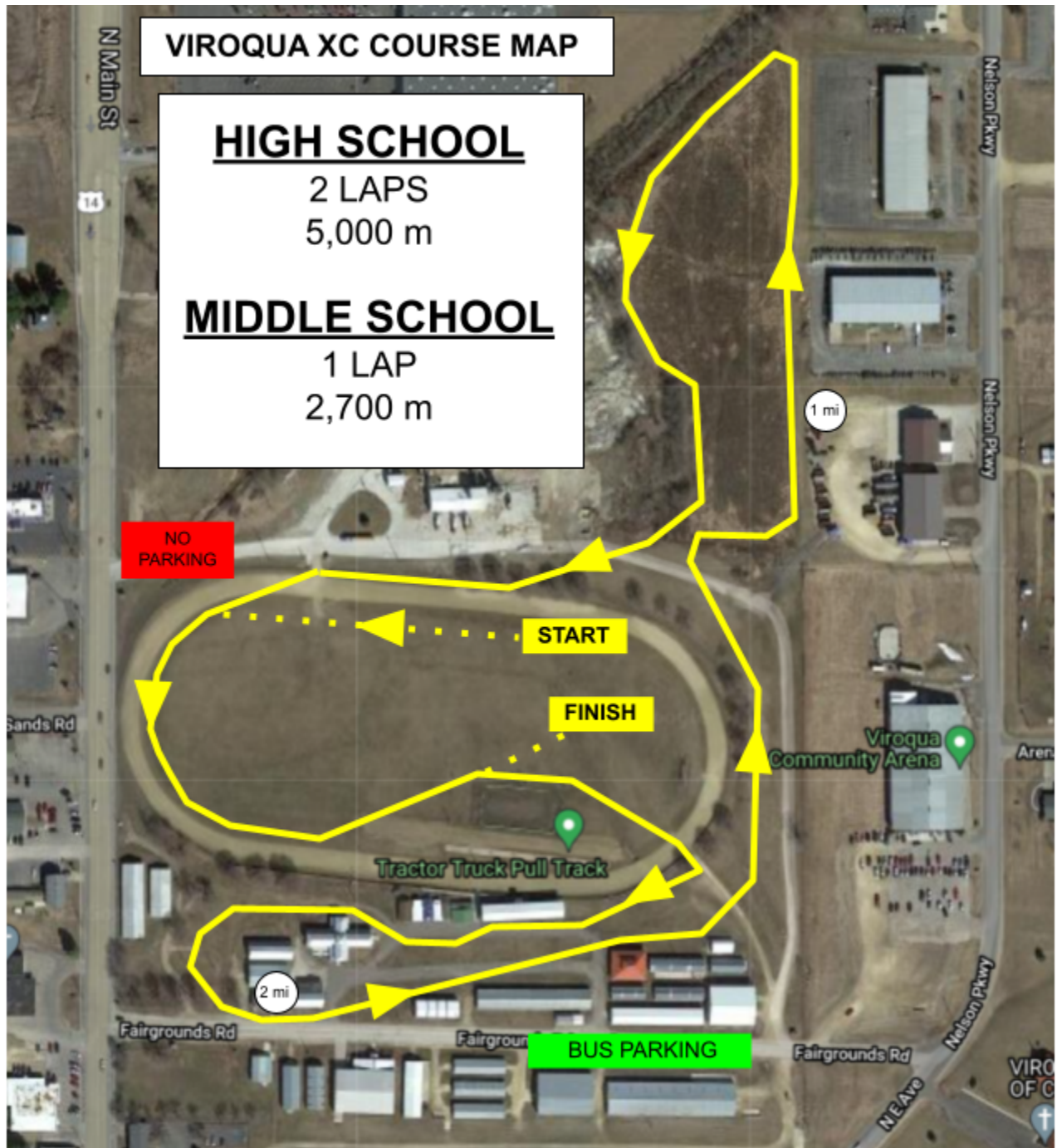
**Spikes:** Spikes are allowed and must conform to WIAA regulations.  
\*Important Note: The race course crosses pavement several times.

**Extra Info:** Please respect the facilities at the Vernon County Fairgrounds.  
Restrooms will be available.

**Teams:** **High School:** Boscobel, Brookwood, Cashton, Central, De Soto, Hillsboro, Richland Center, River Valley, Royall, Sparta, West Salem, Westby, Viroqua

**Middle School:** Boscobel, Brookwood, Cashton, De Soto, Kickapoo, Mauston, Necedah, Richland Center, Royall, Wauzeka-Steuben, Viroqua

**Questions:** **Scott Benzing (Head HS Coach):** [bensco@viroquablackhawk.org](mailto:bensco@viroquablackhawk.org)  
**Dan Brown (Activities Director):** [dbrown@viroquablackhawk.org](mailto:dbrown@viroquablackhawk.org)



## Reminders to Spectators

- Spectators must **STAY OFF** the grounds of the businesses along Nelson Parkway. This includes the area behind Southwest Sanitation and Elegant Stone Products.
- Spectators are also required to stay on the mowed path in the field on the north side of the course. This part of the course is on private property. **DO NOT** run or walk through the field to view runners at different spots on the course!
- We are fortunate to be able to use these areas and we don't want to lose access. Your cooperation with these restrictions is appreciated!