

VIROQUA XC INVITATIONAL

- Date:** Thursday, August 30, 2018
- Location:** Vernon County Fairgrounds
Fairgrounds Road Viroqua, WI 54665
- Parking:** Parking will be available in the Viroqua Community Arena parking lot on Nelson Parkway. No spectator vehicles allowed on Fairgrounds Road.
***** See attachment for parking directions and instructions!*****
- 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 2900 meters (1.8 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 girls race.*
- Registration:** Registration must be done online at www.directathletics.com. The deadline for registration is noon on Tuesday, August 28.
- Results:** Results will be posted on www accuracetimeing.com and 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, Hillsboro, Holmen, LaCrosse Central, Necedah, N. Crawford, Owen-Withee, Royal, Sparta, Westby, Viroqua
Middle School: Black River Falls, Bluff View Intermediate, Brookwood, Necedah, Owen-Withee, Royall, Viroqua
- Questions:** **Scott Benzing (Head Coach):** bensco@viroquablackhawk.org
Eric Anderson (Activities Director): anderi@viroquablackhawk.org
Courtney Rucker (Middle School Coach): ruccou@viroquablackhawk.org

Spectator Parking

Please share with families and spectators!

From the North (HWY 14):

1. Left on Fairlane Drive (Cty BB) at Kwik Trip
2. Right on Nelson Parkway
3. Parking will be in the Viroqua Community Arena lot

From the South (Main Street, HWY 14):

1. Right on Fairview Drive
2. Left on NE Ave (turns into Nelson Parkway)
3. Parking will be in the Viroqua Community Arena lot



Bus Parking

From the North (HWY 14):

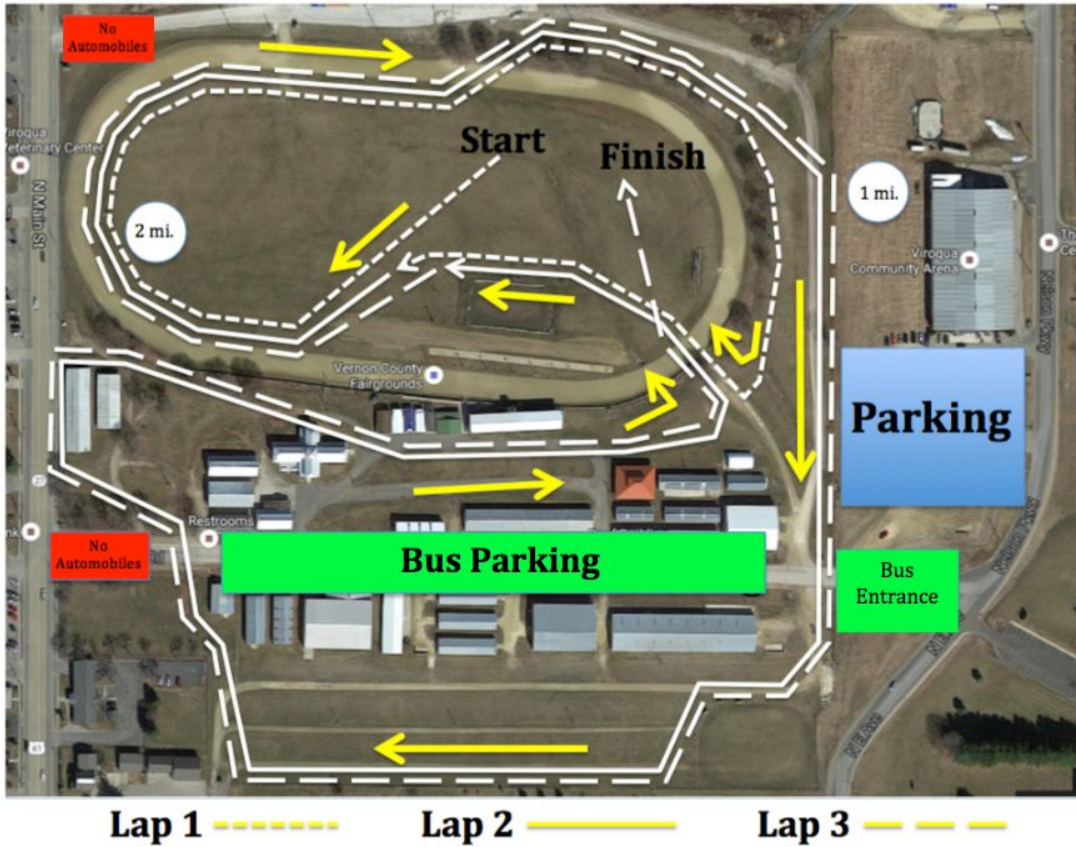
1. Left on Fairlane Drive (Cty BB) at Kwik Trip
2. Right on Nelson Parkway
3. Turn right onto Fairgrounds Road.
4. BUSES ONLY will be allowed to park on Fairgrounds Road inbetween the buildings.
5. *****Buses WILL NOT be allowed to enter the fairgrounds on the north end of the track near the cement plant.**
6. *****No parking on the track!**

From the South (Main Street, HWY 14):

1. Right on Fairview Drive
2. Left on NE Ave (turns into Nelson Parkway)
3. Turn left onto Fairgrounds Road.
4. BUSES ONLY will be allowed to park on Fairgrounds Road inbetween the buildings.
5. *****Buses WILL NOT be allowed to enter the fairgrounds on the north end of the track near the cement plant.**
6. *****No parking on the track!**



Viroqua 5k Course- Vernon County Fairgrounds



Viroqua Middle School Course- Vernon Country Fairgrounds

