

S T A T E
PREMEET INFORMATION

Entrances & Admission To The Ridges

Coaches and Athletes

Coaches and competing athletes will be admitted with proper Admittance/Parking Permit at Griffith Avenue Entrance. Any additional people in the group exceeding the number allowed (10 for team and number of individuals qualified plus three additional for individual) by the WIAA must pay \$8.00 for admission. *Please have money collected for additional people prior to entering The Ridges property.*

The school's Admittance/Parking Permit for admission and parking will be given to qualifiers at their Sectional Meet. *This card is nontransferable and is not to be duplicated.* If your team has qualified for State and you will need to travel in two vehicles, please contact the WIAA for more information. Individual qualifiers will receive 1 Parking/Admittance Permit only, no exceptions.

Admittance/Parking Permit will be collected by attendants upon entrance into State Meet.

Spectators

All spectators will be shuttled free by buses to the 20th Street Entrance. Admission is \$8.00 per person with pre-school age children admitted free. A map with detailed instructions is included at the entrance. *Coaches please copy and distribute the map to your spectators.*

The Sheriff's Department will be posting "No Parking" signs on both sides of Griffith Avenue (Cty Trk Z), 16th Street, 20th Street, and the side streets of Kuhn, Whitrock, and Whip-or-Will. All spectators must use the shuttle buses.

2nd Year for Fan Bus Parking

Fan bus parking will be located at the *GRAND RAPIDS LIONS CLUB (2411 36TH ST. S)* off of Cty Trk W (Riverview Expressway extended) Park in the lot off Cty Trk W, less than 1 mile east of the Hwy 54/Cty Trk W intersection. Board the free shuttle to The Ridges from this location. Drivers will drop off/park/pick up from this location. No fan buses at any other shuttle sites but the Lions Club.

Competition Information

Welcome to the WIAA State Cross Country Championships. Please carefully read the following information/instructions and share them with your Athletic Director, assistant coaches, athletes, and spectators who will be attending the State Cross Country Meet.

A. Date

Saturday, November 2, 2019

B. Host/On-Site Coordinator

Wisconsin Rapids Lincoln High School is the host of the WIAA State Cross Country Championships.

Jim Newman of Wisconsin Rapids Lincoln High School is the On-Site Coordinator responsible for the course set-up and securing necessary meet workers.

C. Meet Time Schedule

1. Team/Individual Packets - Available in the "West Wing"(NW Entrance) starting at 9:30 a.m. on Saturday, November 2. No packets will be distributed prior to this time.
2. Team/Tent Area - Open at 9:30 a.m. - **No one allowed on the course outside of the tent area until 10:30 a.m.**
3. Course inspection - State Meet course will open for State competitors only to walk/run it from **10:15 a. m. to 11:45 a. m.** **Qualified athletes, alternates, and coaches are allowed on the State Meet course during the warm-up time.**
4. National Anthem - 11:30 a.m.
5. Competition - 12:00 p.m. with races in the following order:

<u><i>Girl's Competition</i></u>	<u><i>Boys' Competition</i></u>
12:00 p.m. - Division 2	2:00 p.m. - Division 2
12:40 p.m. - Division 1	2:35 p.m. - Division 1
1:20 p.m. - Division 3	3:10 p.m. - Division 3
6. Awards: Individual and team awards will be presented at Wisconsin Rapids Lincoln High School at 4:30 p.m. (See Awards Ceremony)

D. Competition Site

1. The Ridges Golf Course in Wisconsin Rapids (one mile east of Highway 13 on Country Trunk "Z" Griffith Avenue)
2. A city map is enclosed to assist with directions/locations (see page 13)
3. No Practice On Meet Site on Friday.
Schools are reminded they are not allowed on any of the land comprising the Ridges Golf Course on Friday, including driving up to the Club House to look around, unless they are doing business at the Ridges (i.e., eating at the restaurant).

E. No Smoking/No Pets

The WIAA has a "No Smoking" policy for all of its State Tournaments. No pets allowed on the Ridges Golf Course grounds or any place on the campus of Wisconsin Rapids Lincoln High School.

3. T-shirt And Sweatshirt Purchase

Pre-order T-Shirts, Sweatshirts, Stocking caps at www.Madacustom.com

- * Preorders available for pickup from 5 p.m. to 7 p.m. in the fieldhouse on Friday night. Orders must be picked up by individual who placed the order.
- * Preorders may also be picked up on Saturday at the State Meet site.
- Look for the Mada Sports Trailer

ACTIVITIES AT WISCONSIN RAPIDS LINCOLN HIGH SCHOOL

A. FRIDAY

1. The Ridges Golf Course is the site of the races. It is a beautiful site to compete or watch a cross country race.
 - a. Please, however, stay off the golf greens, the tee boxes, and out of sand traps.
 - b. No Frisbees, footballs, soccer balls, etc., are allowed out on the golf course. When using an umbrella, please be aware of your location in order to not impede coaches or runners.
2. Schools can practice on the campus of Wisconsin Rapids Lincoln High School.
3. Spaghetti Dinner A spaghetti dinner will be served in the cafeteria from 5 p.m. to 7 p.m.
The cost is \$8.00 per serving, which includes: pasta (spaghetti or fettuccine) with sauces (marinara, meat sauce, and alfredo or alfredo with chicken) & breadsticks. All catered by Rocky Rococo's. Also served will be salad & dressing, beverage (milk or juice), and choice of fruit.

Reservations must be made by Wednesday, October 30. Reservations made must be honored. [Online order form available at: https://forms.gle/org8vYcTgv6fMagz8](https://forms.gle/org8vYcTgv6fMagz8) If any issues call or text Jim Newman at (715) 459-1188. More detailed information will be sent to all cross country schools prior to sectionals.

4. T-shirt And Sweatshirt Purchase Online ordering available at: <https://wiaastateccmeet.itemorder.com>
WIAA State Cross Country souvenir T-Shirts and Sweatshirts will be on sale from 5 p.m. to 7 p.m. in the entry area off the student parking lot.

B. SATURDAY

1. Shower and Locker room Facilities
Shower and lockerroom facilities will be available from 12:30 pm - 4:30 p.m. on Saturday at Wisconsin Rapids Lincoln High School.
2. Awards Ceremony - 4:30 p.m. at Wisconsin Rapids Lincoln High School.

RACE DAY RULES & REGULATIONS

A. Inhalers

Runners who have asthmatic conditions are allowed to use an inhaler during competition. A physician's statement documenting the need must be shown to personnel at the table in the "West Wing" prior to the beginning of the meet.

B. Course Inspection

1. The State Meet course will be open for State competitors only to walk/run it from 10:15 a.m. to 11:45 a.m. **Qualified athletes, alternates, and coaches are allowed on the State Meet course during the warm-up time.**
2. Course maps are included on page 8 to assist runners.
3. Early morning frost could delay course inspection and change the starting time of the meet. Any information pertaining to a delay will be posted on the WIAA website and social media.

C. Appeals

1. Coaches having concerns/questions regarding a race should immediately identify their concern to any of the WIAA officials (referee or starters) outfitted in the black and white officiating shirts/jackets. If you wish to make a formal appeal, you must clearly state this intention to the official.
2. 30 minute period of appeals (clerical or misapplications)- Rule 3-5-3 a, b, Rule 2-3-3
 - a. Misapplication of the rules which must be filled within 30 minutes after the announcement of event results.
 - b. Correction of clerical or team scoring errors which may be corrected up to 48 hours after the end of the meet, **unless another time period is specified in advance by the games committee or meet director (30 minutes).**
3. Appeals made to WIAA officials.
4. Jury of Appeals convenes at The Legends Room.

D. Jury of Appeals

1. The Jury of Appeals will consist of: Kate Peterson Abiad (WIAA, Meet Manager), Jim Newman (Wisconsin Rapids, On-Site Coordinator), Barry Brubaker, William Semmens, and Bob Rymer (Menomonee Falls, representing WCCCA).
2. This committee will serve as the final board of appeals. Their responsibilities include:
 - a. Hearing and ruling on appeals of official's decisions.
 - b. This committee, however, has no authority to set aside, modify, or change defined WIAA tournament qualifying procedures or National Federation Track & Field and Cross Country Rules.

E. Locations At The Ridges

1. The "West Wing" is the registration area located on the NW corner of the facility. It is only open to coaches, media, officials, and other authorized personnel. School packets should be picked up at the "West Wing."
2. Lost and found items will be outside the volunteer/hospitality tent.
3. One of the two banquet halls will be the site for concessions. No loitering inside the facility will be allowed.
4. A team area open at 9:30 a.m. (tents, tarps, bags, etc.) for competing schools will be provided along the east, or right side, of the starting area. This is located beyond and to the right of the starting area, among the trees. This is the only area schools will be allowed to set up a tent, or **camp out**. (see map on page 8) **ALL TENTS MUST BE SECURED WITH WEIGHTS, NO STAKES ALLOWED!** Also, no team signs, flags, or anything that is driven in the ground is allowed.

6. The Pavilion, Pro Shop, and Club House are off limits for all runners, coaches, and spectators.
7. A Medical Tent is located near the finish line area. This tent is staffed by athletic trainers and a physician. These people are available to handle emergency situations, they are not to provide taping services for existing injuries.
8. Portable toilets are located near the Club House, finish area, and out on the course. *Some will be placed within the roped off area near the start to be used only by runners.*
9. Only runners and meet workers are allowed inside the area bounded by baracades, ropes or cones.

F. Race Information

1. Entry change cards will be available at the West Wing (Team check-in area). If you have changes in entries, spelling corrections, or any other changes, immediately fill out the provided card and turn it in to the "West Wing" before competition starts.
2. Each runner is to wear their assigned race numbers on both the front and the back of their jersey.
 - a. If a coach distributes the wrong assigned chips/racing numbers to their athletes, but the team score is correct, there will be no changing/correcting of names on the final results.
3. Lane assignments are listed in the program.
4. It is critical that all runners move through the finish area without stopping until the end. **MOVE THROUGH THE FINISH AREA QUICKLY!**

G. Restricted Areas

Restricted areas where no one except appropriate competing athletes/meet personnel are allowed and where athletes are prohibited from removing any portion of their team uniform, excluding shoes, are:

1. The starting area.
2. The race course.
3. The finish chute.
4. The awards stand.

H. Aiding A Competitor (NFHS 8-7)

It is an unfair act which results in a disqualification for the runner if he/she receives any assistance from any other person during the race. (Note: this rule will change in 2020)

Assistance includes:

1. Interference with another competitor.
2. Pacing by a teammate or persons not participating in the event.
3. Competitors joining or grasping hands with each other during a race.
4. Receiving water or other liquids.
5. Communicating with a competitor through the use of a wireless device.
6. Coaching a competitor from a restricted area.

NOTE: A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area. It is illegal, however, for a coach/team personnel/team follower to come out onto the race course to talk with a runner.

I. Starting Procedure

1. The starting and recalling race procedures that will be used at the State Meet are identical to sectionals. (see page 3)
2. The public address system will give the entire countdown to 5 seconds. Then the starter will fire the gun when all runners are motionless and set.
3. All runners must have reported to the clerk of course prior to the 3-minute race countdown or they will be disqualified.

J. Wireless Communication Devices

1. Wireless communication devices (headsets, radios, etc.) except for the official equipment used by meet management and meet officials is **PROHIBITED**.
2. Individuals bringing such equipment will be instructed to return the item(s) to their vehicles.
3. MP3 players are allowed.

K. UAVs (Drones)

UAVs (Drones) refer to Policy for UAV's at WIAA Tournament Series Event [Click Here](#).

L. Videotapes/Television Equipment

1. The use of unofficial videotapes or any other television equipment will not be used by the meet manager, the jury of appeals, or chute director to verify or determine:
 - a. Finishes.
 - b. Disqualifications.
 - c. Officiating decisions.
2. Video review from the Official Timing System would be used only to verify order of finish in the event of a timing system failure or jury of appeals request. Finish places may change based on officials' review of the official videotape.

M. **Warm-Ups**

1. Warm-up on the course will be permitted once races have begun, provided the following regulations are followed:
 - a. Plan your warm-up so you follow the race in progress from a considerable distance.
 - b. Let the race in progress proceed around the first turn before entering the starting area to begin warm-ups.
 - c. Begin warm-up run no later than 10 minutes after the start of a race so you don't get caught in front of the next race.
 - d. Be prepared to stop or alter your warm-up if you get into the proximity of an ongoing race. Stay clear of areas that are heavily congested.
 - e. The use of measuring wheels is for coaching purposes only. If used to question or challenge the length of the State Meet course the coach shall be charged with "Unsportsmanlike Conduct."
 - f. Any runner, coach, or team personnel who is observed tampering with a flag on the course anytime during pre-meet warm-ups, competition, or post-meet activities shall be charged with "Unsportsmanlike Conduct."
2. Warm-up on the course **will not be permitted** in the finish area once the races begin. This refers to the entire area, which is enclosed by barricades. This area should be reviewed during the "course inspection" period (10:30 - 11:45 a.m.).

POST RACE INFORMATION

A. **Results Distribution**

1. Coaches of competing runners can pick up their copy of the official results in the tent outside the "West Wing" 30 minutes after the official results are posted.
2. Spectators find results online at pttiming.com.

B. **Awards**

The following awards will be presented to each division:

1. Trophies to championship and runner-up teams.
2. Medals to:
 - a. **Members (7) of championship and runner-up teams.**
 - b. **First ten athletes regardless of status (individual or team).**
 - c. Extra State medals for the championship and runner-up teams can be ordered at www.escoinc.com.

C. **Awards Program**

An awards program honoring the championship and runner-up teams, plus the top ten individuals in each division will be held at the Wisconsin Rapids Lincoln High School. Athletes are requested to wear their uniforms and/or warm-ups (i.e, caps off, no props allowed).

To show respect for all participating teams and individuals we ask that you remain in the gymnasium until the conclusion.

To assist with the success of the awards ceremony, coaches are requested to follow the appropriate instructions:

- * 4:00 p.m. Individual and team award winners are requested to report to Commons.
- * 4:15 p.m. Final instructions given.
- * 4:30 p.m. Athletes march into fieldhouse.

GENERAL INSTRUCTIONS

1. Row 6 will lead the entrance parade, followed by rows 5, 4, 3, 2, and 1.
2. The parade will walk down the east hallway, then enter the fieldhouse and walk the perimeter of the basketball court before taking their assigned seats.
3. Coaches are requested to walk in behind their individuals or teams.
4. The seats in the east bleachers will be marked with the same signs as seen in the Commons. The seating will be by row, 1 to 6, from bottom to top.
5. All awards will be presented from the awards stand. Individuals awards will be presented first, followed by the second place team, then the first place team.
6. Coaches should accompany their team, but not their individual(s) to the awards stand.
7. After each of the awards presentations, time will be allowed for group photos. After pictures, award winners must return to their assigned bleacher seats.
8. After all awards have been presented, the runners and coaches should begin the exit parade in the reverse direction and order of the entrance when informed to do so.

8. Row 1 will lead the exit followed by rows 2, 3, 4, 5, and 6.

- Row 1: Division 3 Boys/1st/2nd/Ind. 1-10
- Row 2: Division 2 Boys/1st/2nd/Ind. 1-10
- Row 3: Division 1 Boys/1st/2nd/Ind. 1-10
- Row 4: Division 3 Girls/1st/2nd/Ind. 1-10
- Row 5: Division 2 Girls/1st/2nd/Ind. 1-10
- Row 6: Division 1 Girls/1st/2nd/Ind. 1-10

MISCELLANEOUS

A. Items Available for Purchase Located in Tent Behind Driving Range

- 1. T-shirts (short & long sleeve) Sweatshirts (crew and hooded) and other apparel.
- 2. Programs - \$5.
- 3. Concessions in the Pavillion Banquet Hall.

B. Important Phone Numbers

- 1. Wisconsin Rapids Lincoln High School (Monday - Friday) (715) 424-6750
- 2. Kate Peterson Abiad WIAA (715) 344-8580 (office)/(715) 496-0456 (cell)

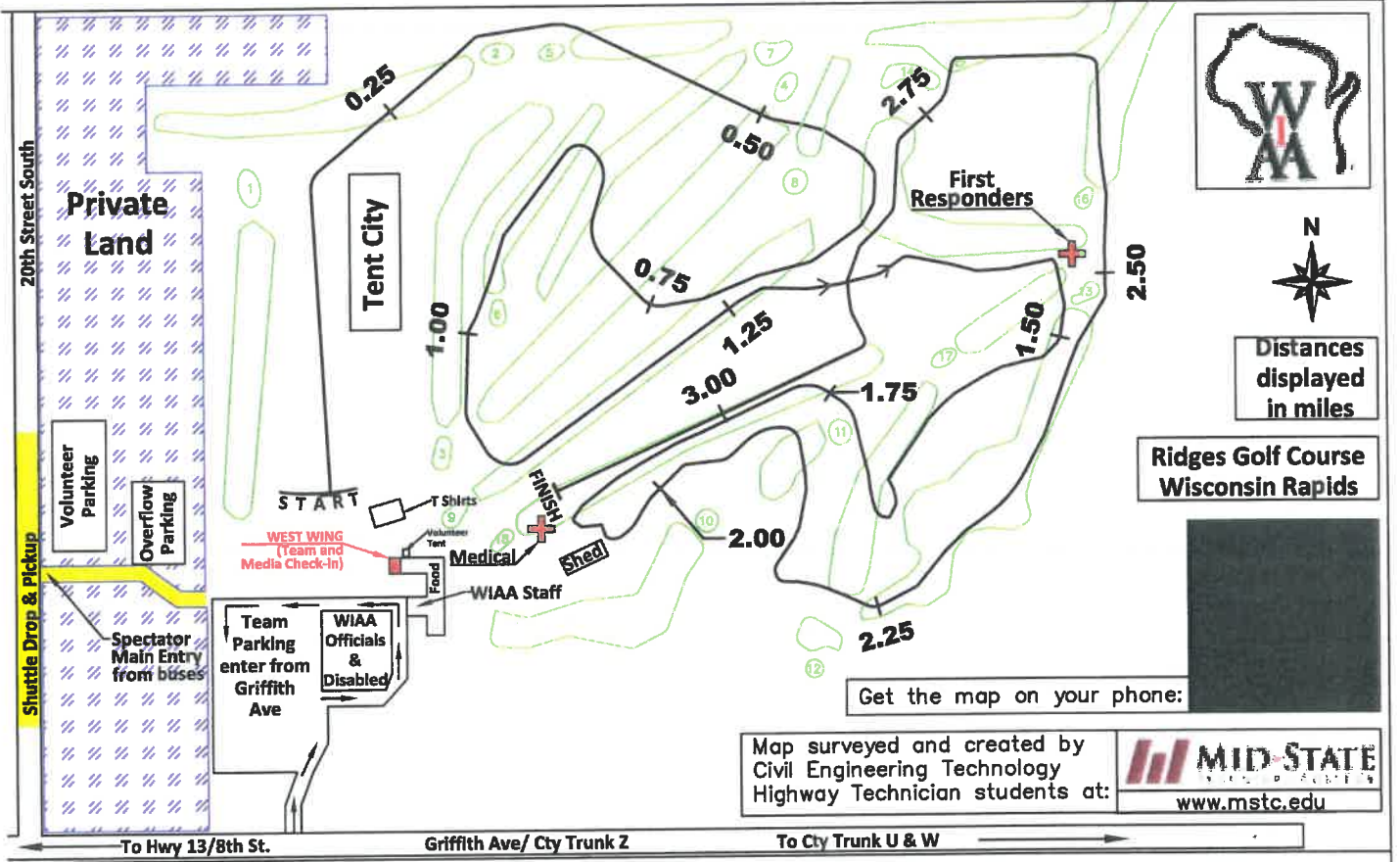
C. Thanks

The use of The Ridges Golf Course and facilities is made possible by **Todd and Michele Goska, owners**. Without their support, Wisconsin Rapids Lincoln High School would not be able to host this State Meet.

LANE ASSIGNMENTS

DIVISION 1	DIVISION 2	DIVISION 3
LANE	LANE	LANE
1. Madison West #1	1. ----	1. ----
2. Arrowhead #2	2. Colby #1	2. Whitewater #2
3. Individual Arrowhead Sectional	3. Whitewater #1	3. Boscobel #2
4. Individual Manitowoc Lincoln Sectional	4. Individual Wisconsin Lutheran Sectional	4. Individual Manitowoc Lutheran Sectional
5. Stevens Point #1	5. Tomahawk #1	5. Boyceville #1
6. Brookfield East #2	6. St. Croix Central #2	6. Westfield Area #1
7. Manitowoc Lincoln #2	7. Tomahawk #2	7. Individual Whitewater Sectional
8. Individual Madison West Sectional	8. Individual St. Croix Central Sectional	8. Manitowoc Lutheran #2
9. Madison West #2	9. Individual River Valley Sectional	9. Westby #1
10. Individual Stevens Point Sectional	10. Colby #2	10. Individual Boyceville Sectional
11. Kettle Moraine #2	11. St. Croix Central #1	11. Athens #1
12. Individual Green Bay East	12. Individual Mayville Sectional	12. South Shore #2
13. South Milwaukee #2	13. Wisconsin Lutheran #1	13. Boscobel #1
14. Manitowoc Lincoln #1	14. River Valley #1	14. Westfield #2
15. Individual New Richmond Sectional	15. Two Rivers #1	15. Individual Westby Sectional
16. South Milwaukee #1	16. Individual Colby Sectional	16. Manitowoc Lutheran #1
17. Kettle Moraine #1	17. Mayville #2	17. Athens #2
18. Green Bay East #2	18. Individual Two Rivers Sectional	18. Individual South Shore Sectional
19. Individual Kettle Moraine Sectional	19. Two Rivers #2	19. Westby #2
20. Kenosha Bradford #2	20. Mayville #1	20. Individual Boscobel Sectional
21. Green Bay East #1	21. Whitewater #2	21. Individual Westfield Area Sectional
22. Brookfield East #1	22. River Valley #2	22. Whitewater #1
23. Individual South Milwaukee Sectional	23. Wisconsin Lutheran #2	23. South Shore #1
24. Kenosha Bradford #1	24. Individual Whitewater Sectional	24. Boyceville #2
25. Individual Kenosha Bradford Sectional	25. Individual Tomahawk Central	25. Individual Athens Sectional
26. New Richmond #1	26. ---	26. ----
27. Stevens Point #2	27.	27. ----
28. Individual Brookfield East Sectional		
29. Arrowhead #1		
30. New Richmond #2		

WIAA State 5000m Cross Country Course



5000m Course Profile

