

**TO:** COACHES AND AD'S WITH PARTICIPANTS IN THE DIII STATE MEET  
**FROM:** DARIN SHEPARDSON OHS – CROSS COUNTRY COACH  
DEREK STANLEY – MEET MANAGER  
**RE:** WIAA DIII STATE MEET INFORMATION

**Greetings, on Saturday, October 31<sup>st</sup>, Onalaska High School will host the WIAA Division 3 State Meet at Maple Groves Venues - W4142 Co Hwy B, West Salem, Wisconsin. We are looking forward to hosting this event. Please review the information regarding the meet on the WIAA website.**

**SCHEDULE** – The Meet Schedule for each session is listed below. Make sure you are aware of the session you are running in and that your bus and spectators DO NOT arrive before. Your athletes will not be allowed on site until the site is open and must remain on their bus until the venue opens. All teams and spectators for that session MUST be off-site by at the time posted below. **NO ONE WILL BE ALLOWED TO STAY FOR MULTIPLE SESSIONS.**

**Session A – Teams Arrive 8:20**

8:30 course opens  
9:30 girls race  
10:10 boys race  
11:10 session A teams and spectators off-site

**Session B – Teams Arrive 11:20**

11:30 course opens  
12:30 girls race  
1:10 boys race  
2:10 session B teams and spectators off-site

**Session C – Teams Arrive 2:20**

2:30 course opens  
3:30 girls race  
4:10 boys race  
5:10 session C teams and spectators off-site–

**MEET OFFICIALS** – Meet Referee: Scott Sponholz, Starter: Timothy Lee, Starter: Jon Hegge, Starter + Marshal: Tim DeJardin

**JURY OF APPEALS** – The Jury of Appeals will consist of two WIAA appointed meet starters, the meet manager, and a WCCCA Representative. Timothy Lee, Jon Hagge, Derek Stanley, and Brian Huebner

**COVID 19 PROTOCOLS**– The safety of all participants is the primary concern for the WIAA. The following protocols will be used to ensure the safety of all participants.

**CHECK IN PROCEDURES**– Busses will be directed where to park on site. When your bus has parked in the designated area you will be greeted by a meet worker that will stand just outside your bus. We ask that the head coach to step off the bus first. **THE COACH NEEDS TO PRESENT THE WIAA COVID-19 - COACH/ATHLETE SYMPTOM CHECKLIST VERIFICATION FORM 2020-2021 OR YOU WILL NOT BE ALLOWED TO ENTER THE MEET VENUE OR RECEIVE YOUR RACE PACKET.** After the coach presents the form they will be handed their meet packet and their team may enter the venue going directly to their team camp which will be designated by a sign. **ALL RUNNERS AND COACHES MUST HAVE THEIR MASKS ON AT ALL TIMES ON THE VENUE.**

**ON SITE PROCEDURES**– Teams will be designated a team camp area for their team only. Tarps are allowed. **TEAMS CAN NOT BRING THEIR TENTS OR OTHER TYPES OF SHELTER. IF THE WEATHER DOES NOT PERMIT BEING IN THE TEAM CAMP SITE YOUR BUSES CAN BE USED AS YOUR TEAM CAMP.** The team camp will have a separate port-a-potty for that team's use only. We ask that parents do NOT enter the team camp area. All runners and coaches are expected to

wear a mask while they are in their team camps, while walking the course, or spectating. Runners must come to the starting line with their masks. Runners may **ONLY REMOVE THEIR MASKS TWO MINUTES BEFORE** their race, when warming up, racing, and cooling down. As soon as a runner crosses the finish line they will be asked to make their way back to their team camp. Runners will NOT be allowed to stay in the finish area.

**CHECK OUT PRCEEDURE** – One hour from the start of the boys race in each session **ALL TEAMS AND SPECTATORS IN THAT SESSION MUST BE OFF THE VENUE**. Please throw all your trash away in the garbage cans provided in each team camp.

**SPECTATOR INFORMATION**– Each girls team and each boys team competing will be allowed 40 spectators. Each individual runner will be allowed 5 spectators. Each coach (3 per team) will also be allowed 5 spectators. **SPECTATORS WILL PURCHASE THROUGH THEIR ACTIVITIES OFFICE**

**HOW TO GET TICKETS** – Spectators will pay **\$9.00 to their respective activities office for their entry into the meet and their names will placed on the spread sheet provided**. This list will be used to allow spectators to park in the spectator parking lot. **Spreadsheets need to be sent to Darin Shepardson ([sheda@onalaskaschools.com](mailto:sheda@onalaskaschools.com)) by 6:00 pm Friday night. EVERY SPECTATOR MUST WEAR A MASK ON SITE.**

**EMERGENCY PROCEEDUERS** - There will be two licensed athletic trainers from Gundersen on hand as well as paramedics and first responders. There will be a lead and trail vehicle for all races.

**Course Description** – The course is grass with only a small crossing on gravel and cart path. The first 1K runs out and back on different straights and is flat with gentle turns. The course runs behind the starting line takes a left with a downhill section to the 1600 mark. From the 2K mark to the 3K mark the course has a series of hills, some long slopes some short abrupt ones. Rounding the back side of the course to the 3200 meter mark the course heads downhill then uphill back to the starting line area where it heads back out to the 4K mark. The last kilometer is a repeat of the first except where the course breaks off for the last 300 meters to the finish line. The course will be doubled lined and has directional posts throughout. Each Kilometer is marked with a wooden post and signs will designate the 1600 and 3200 meter marks. Course map is attached.

**Contact Information** – Please contact the following people if you have any questions:

Derek Stanley, Meet Manager – [dstanley@uwlax.edu](mailto:dstanley@uwlax.edu)  
608-785-8185

Darin Shepardson, CC Coach – [sheda@onalaskaschools.com](mailto:sheda@onalaskaschools.com)  
608-385-8754

Below: Arial picture of upper parking lot, bus entry, bus parking, team camps and starting line





### Maple Groves Venues 5k



**Course Description:** The first 1K runs out and back on different straights and is flat with gentle turns. The course runs behind the starting line takes a left with a downhill section to the 1600 mark. From the 2K mark to the 3K mark the course has a series of hills, some long slops some short abrupt ones. Rounding the back side of the course to the 3200 meter mark the course heads downhill then uphill back to the starting line area where it heads back out to the 4K mark. The last kilometer is a repeat of the first except where the course breaks off for the last 300 meters to the finish line.

**Course Records:** Boys 15:52.8 Sam Pinkowski, La Crosse Central 2015  
 Girls 17:28.4 Kora Malecek, Onalaska 2020