

2022 STATE CROSS COUNTRY PREMEET 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, October 29, 2022

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.

C. **Meet Time Schedule**

1. Team/Individual Packets - Available in the "West Wing" starting at 9:30 a.m. on Saturday. 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 10:30 - 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:

Girls' Competition

12:00 p.m. - Division 3

12:40 p.m. - Division 2

1:20 p.m. - Division 1

Boys' Competition

2:00 p.m. - Division 3

2:35 p.m. - Division 2

3:10 p.m. - Division 1

6. Awards - Individual and team awards will be presented at The Ridges Golf Course, 15 minutes after the start of the last race of the day, the Division 1 Boys. They will be awarded at the Starting Line, on the berm just behind lanes 1-6. The awards will be done by division, first doing Division 3 Girls, then Boys, followed by Division 2 Girls and Boys, then Division 1 Girls and Boys.

3:25 pm Awards – D3 Girls

3:35 pm Awards – D3 Boys

3:45 pm Awards – D2 Girls

3:55 pm Awards – D2 Boys

4:05 pm Awards – D1 Girls

4:15 pm Awards – D1 Boys

D. **Competition Site** - The Ridges Golf Course in Wisconsin Rapids (one mile east of Highway 13 on Country Trunk "Z" Griffith Avenue). The Ridges Golf Course is a beautiful site to compete or watch a cross country race. Please, however, stay off the golf greens, the tee boxes, and out of sand traps. 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.

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.

F. **WIAA State Cross Country Apparel Purchase** – Due to continuing supply chain issues, there still are shortages of clothing sizes and colors as well as long waits to receive items. Therefore, we will not be able to offer online purchasing again this year. We have no guarantees of what will be available or when it could be delivered. As a result, we are ordering as much as we can ahead of the event and making it available ONLY on Friday night at Wisconsin Rapids High School and Saturday at The Ridges.

G. **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 by the WIAA (Team – 10 / Individual - #of qualified individuals plus 3) will be invoiced \$9.00 for additional people.

The school's Admittance/Parking Permit for admission and parking **will be an electronic permit this year. The permit and instructions will be emailed to all schools with qualifiers following the Sectional Meet.** This permit is nontransferable and may not be duplicated. If your team has qualified for State and you will need to travel in two vehicles, please contact the WIAA (kmortimer@wiaawi.org) for more information. Individual qualifiers will receive 1 Parking/Admittance Permit only, no exceptions. (Admittance/Parking Permit will be scanned/redeemed by attendants upon entrance into State Meet.)

H. **Shuttle Locations (ONLY 2 THIS YEAR)**

Shuttle locations are at Wisconsin Rapids High School (1801 16th Street South) and the Grand Rapids Lion's Club (2411 36th Street South). 450 parking spaces have been lost at Wisconsin Rapids High School due to construction on the athletic fields. The Grand Rapids Lion's Club is a little over one mile east of the high school of Cty. Trk. W. and has space to hold more than 700 vehicles.

- I. **Parking**
\$5.00 parking fee per vehicle for parking at Wisconsin Rapids High School and the Grand Rapids Lions Club, the two shuttle sites. After offering the shuttle buses (since 1996) at no cost for either parking or the ride, to help offset increasing bus costs, there will be a \$5.00 parking fee per vehicle and \$25 parking fee for Fan Buses. There will be no charge to board the buses and shuttle to and from The Ridges. Also, people entering The Ridges parking lot using their handicapped tags will also be required to pay a \$5.00 parking fee.
- J. **Team and Handicapped Parking at The Ridges** – The parking lots are now exceeding their capacity to hold all the cars, vans, and buses coming to the meet. We may need to ask some vehicles to drop off their athletes and drive to an off-site location or a shuttle location. In recent years, we have had to use many extra parking spaces, usually reserved for teams, to park cars with handicapped tags/plates. If someone with a handicap has the ability to park at our shuttle locations and ride the bus, please consider doing so. Once off the bus, we have two six passenger golf carts transporting those in need of a ride to the starting area and back, when leaving.
- K. **Spectators** – All spectators will be shuttled by buses to the 20th Street Entrance. Spectators MUST purchase their ticket online using the GoFan app. ([CLICK HERE](#)) Ticketing is required prior to admittance to the meet. Admission is \$9.00 per person (Child/Student/Adult). There will be no entry without prior ticketing. **NO CASH ENTRY**. Coaches, please copy and distribute the shuttle bus map to your spectators.
- L. **New Location - Fan Bus Parking** – Fan buses MUST park in the South Wood County Hockey Rink parking lot (1731 Grove Avenue) at the corner of 16th St. S. and Grove Avenue. Spectators need to then board the free shuttle buses located between the Hockey Rink and the High School along 16th Street to ride to The Ridges. Drivers will drop off/park/pick up from this location. No fan buses will be allowed parking at the Wisconsin Rapids High School lots or the Grand Rapids Lion's Club lots.
- M. **NO Parking** - 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.
- N. **Medical** - The Marshfield Sports Medicine Team will be on-site to triage and evaluate athletes if needed. EMS will be activated when medically necessary. We encourage you to remind your athletes to prepare for the race with proper hydration and for those athletes with medically approved inhalers to have them available and to utilize as prescribed. EMS is on site for any spectator emergencies.

ACTIVITIES AT WISCONSIN RAPIDS LINCOLN HIGH SCHOOL

A. FRIDAY

The Friday schedule has been revised from previous years.

1. WIAA State Meet Apparel **WILL BE SOLD** in the Wisconsin Rapids High School Fieldhouse from 3:30 p.m. – 6:30 p.m. Entry into the Fieldhouse will **ONLY** be from the student parking lot located between the school and football stadium. There will be two cashless checkouts where credit/debit cards can be used to purchase items. There will be a cash lane at checkout as well.
2. There is **NO Spaghetti Dinner**.
3. There is **NO Online Pre-Sale of WIAA State Cross Country Apparel**. Due to continued shortages and long delays of apparel, there will be NO Online Pre-Sale. There is no guarantee that ordered items could be found and delivered in a timely manner.

B. SATURDAY

Since awards will be done at The Ridges, there will be no activity at Wisconsin Rapids High School on Saturday.

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 10:30 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 6 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 filed 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: Mel Dow (WIAA, Meet Manager), Jim Newman (Wisconsin Rapids, On-Site Coordinator), Tim Lee, Thomas Emmerich, and Ron Kurtz (West Allis Nathan Hale, 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. The Pavilion (east banquet hall) 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 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. 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.
5. The Pro Shop and Club House are off limits for all runners, coaches, and spectators.
6. 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.
7. 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.
8. Only runners and meet workers are allowed inside the area bounded by barricades, 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 the (starting area, race course, finish chute, and awards stand).

- H. Aiding A Competitor (NFHS 8-6)** - 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.

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. Wireless Communication Devices

1. Wireless communication devices (headsets, radios, etc.) except 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. Rules 3-2-8a and 4-6-5d state that no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor will be disqualified.
4. Earbuds are allowed prior to the race.

- J. **Starting Procedure (Rule 8-4-4)**
1. Starters should not give instructions nor answer questions after the three-minute countdown. The information given over the public address system must be:
 - 15 minutes to the start of the race
 - 10 minutes to the start of the race
 - 5 minutes to the start of the race
 - 3 minutes to the start of the race - all runners must have reported to the clerk of course
 - 2 minutes to the start of the race - all runners remove sweats, coaches and non-competing athletes must vacate starting box area
 - 1 minute to the start of the race - all runners must be positioned, and remain, behind the starting line
 - 30 seconds to the start of the race
 - 15 seconds to the start of the race
 - 10 seconds countdown to 5 seconds
 - The starter fires the gun when all runners are "set and motionless."
 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.
 4. Other than music used by meet management, noisemakers and audible music will not be allowed at or near the starting line. (Earbuds are allowed prior to the race)
- K. **WIAA Tournament UAV Policy (Drones)** - The Board of Control has approved a policy for Unmanned Aerial Vehicles or drones at outdoor WIAA State Tournament Series events. UAVs are prohibited at all WIAA indoor tournaments. Drone operation requires a Remote Pilot Command license. Operators must also receive written consent from the WIAA executive office at least 24 hours in advance, as well as approval of the host facility event management. The complete policy for UAVs is located on page 52 of the Senior High Handbook.
- L. **Videotapes/Television Equipment** - 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 (finishes, disqualifications, officiating decisions). 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** - Warm-up on the course will be permitted once races have begun, provided the following regulations are followed:
1. Plan your warm-up so you follow the race in progress from a considerable distance.
 2. Let the race in progress proceed around the first turn before entering the starting area to begin warm-ups.
 3. 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.
 4. 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.
 5. 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."
 6. Any runner, coach, or team personnel who is observed tampering with a flag on the course anytime during premeet warm-ups, competition, or post-meet activities shall be charged with "Unsportsmanlike Conduct."
- 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** - Coaches and spectators can find official results online at pttiming.com and WIAA website. There will be no printed copies available at the meet.
- 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 Ceremony** - An awards program honoring the championship and runner-up teams, plus the top ten individuals in each division will be held at The Ridges Golf Course 15 minutes after the start of the last race of the day, the Division 1 Boys. Athletes are requested to wear their uniforms and/or warm-ups (i.e., caps off, no props allowed).

GENERAL INSTRUCTIONS

Awards will be held at the Starting Line, on the berm just behind Boxes 1-6.

First and second place teams as well as the top 10 individual place winners will need to report to Starting Box 16 to check-in for their awards no later than 10 minutes before their presentation. **PLEASE BE PROMPT!**

The awards will be done by division, first doing Division 3 Girls, then Boys, followed by Division 2 Girls and Boys, then Division 1 Girls and Boys.

- 3:25 pm Awards – D3 Girls
- 3:35 pm Awards – D3 Boys
- 3:45 pm Awards – D2 Girls
- 3:55 pm Awards – D2 Boys
- 4:05 pm Awards – D1 Girls
- 4:15 pm Awards – D1 Boys

MISCELLANEOUS

- A. **Items Available for Purchase Located in Tent Behind Driving Range**
- 1. T-shirts and Stocking Caps, Long Sleeve, Crew Sweatshirts, Hooded Sweatshirts
 - 2. Programs - \$5
 - 3. Concessions in the Pavilion Banquet Hall.
- B. **Important Phone Numbers**
- 1. Wisconsin Rapids Lincoln High School (Monday - Friday) (715) 424-6750
 - 2. Mel Dow, Assistant Director, WIAA (715) 344-8580 (office)/(608) 444-5026 (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

- 1. Brookfield Central #2
- 2. Individual Arrowhead Sectional
- 3. Individual Kenosha Bradford Sectional
- 4. Stevens Point #2
- 5. Individual Manitowoc Lincoln Sectional
- 6. South Milwaukee #2
- 7. Stoughton #1
- 8. Manitowoc Lincoln #1
- 9. Individual Stoughton Sectional
- 10. Stevens Point #1
- 11. Individual Brookfield Central Sectional
- 12. Onalaska #2
- 13. Arrowhead #2
- 14. Onalaska #1
- 15. Manitowoc Lincoln #2
- 16. Kenosha Bradford #1
- 17. Individual South Milwaukee Sectional
- 18. Individual Stevens Point Sectional
- 19. Brookfield Central #1
- 20. Arrowhead #1
- 21. Stoughton #2
- 22. DeForest #1
- 23. Slinger #1
- 24. DeForest #2
- 25. Kenosha Bradford #2
- 26. Individual Slinger Sectional
- 27. Individual DeForest Sectional
- 28. South Milwaukee #1
- 29. Individual Onalaska Sectional
- 30. Slinger #2

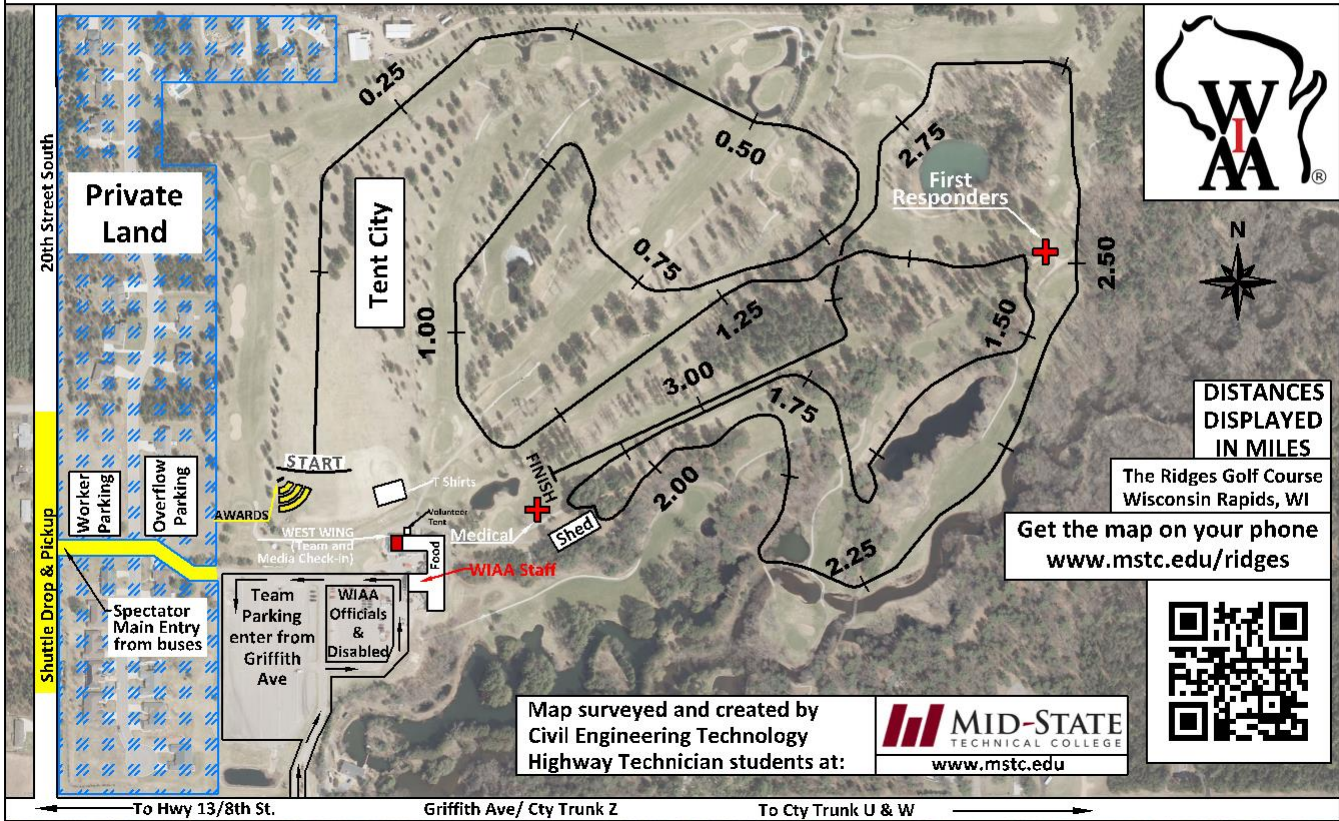
DIVISION 2

- 1. ----
- 2. Brillion #2
- 3. Portage #1
- 4. Shorewood #2
- 5. Individual Rice Lake Sectional
- 6. Individual Oconto Falls Sectional
- 7. Oconto Falls #2
- 8. Individual Portage Sectional
- 9. Rice Lake #1
- 10. Individual Prairie du Chien Sectional
- 11. Individual Black River Falls Sectional
- 12. Racine St. Catherine's #2
- 13. Individual Brillion Sectional
- 14. Oconto Falls #1
- 15. Shorewood #1
- 16. Black River Falls #2
- 17. Portage #2
- 18. Rice Lake #2
- 19. Black River Falls #1
- 20. Brillion #1
- 21. Prairie du Chien #1
- 22. Individual Racine St. Catherine's Sectional
- 23. Prairie du Chien #2
- 24. Racine St. Catherine's #1
- 25. Individual Shorewood Sectional
- 26. ----
- 27. ----

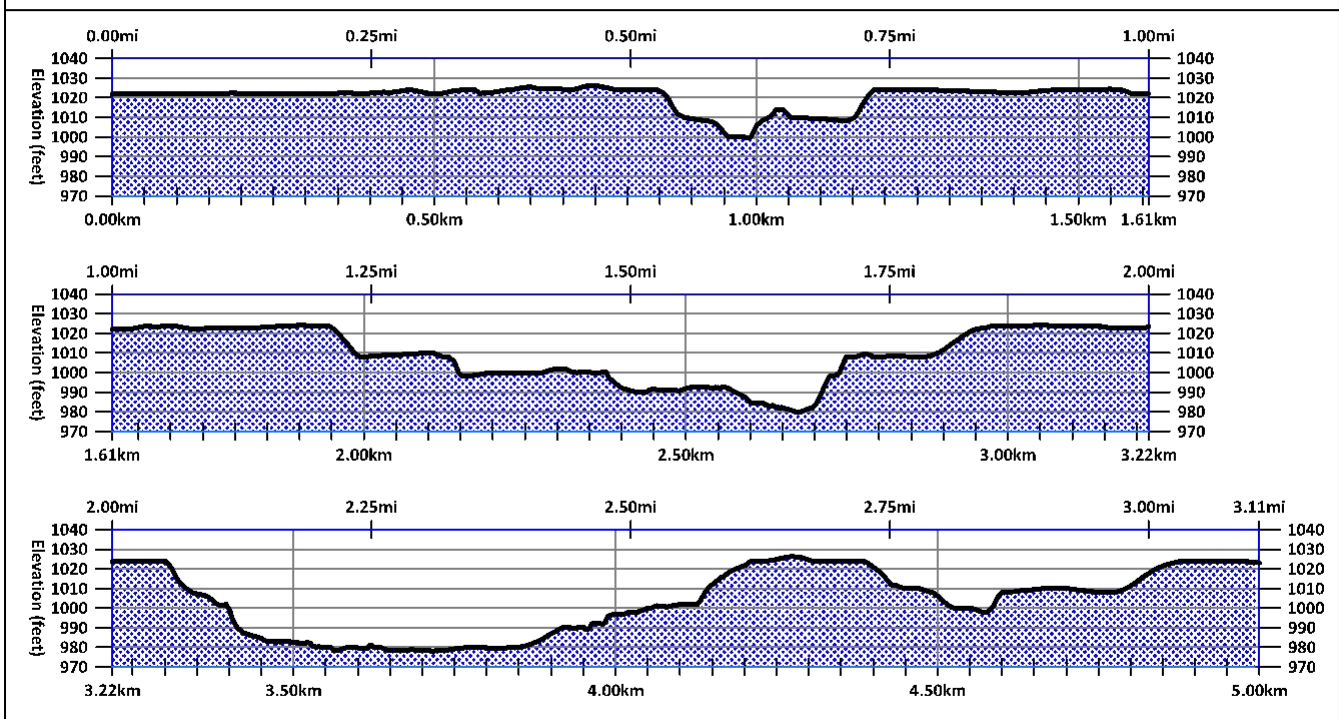
DIVISION 3

- 1. ----
- 2. Osseo-Fairchild #2
- 3. Cadott #1
- 4. Kenosha St. Joseph #2
- 5. Manitowoc Lutheran #1
- 6. Phillips #2
- 7. Kenosha St. Joseph #1
- 8. Manitowoc Lutheran #2
- 9. Individual Cadott Sectional
- 10. Individual Manitowoc Lutheran Sectional
- 11. Individual Athens Sectional
- 12. Individual Pacelli Sectional
- 13. Individual Albany Sectional
- 14. Athens #1
- 15. Individual Phillips Sectional
- 16. Albany #1
- 17. Athens #2
- 18. Phillips #1
- 19. Osseo-Fairchild #1
- 20. Cadott #2
- 21. Individual Osseo-Fairchild Sectional
- 22. Individual Kenosha St. Joseph Sectional
- 23. Pacelli #2
- 24. Albany #2
- 25. Pacelli #1
- 26. ----
- 27. ----

WIAA State 5000m Cross Country Course



5000m Course Profile



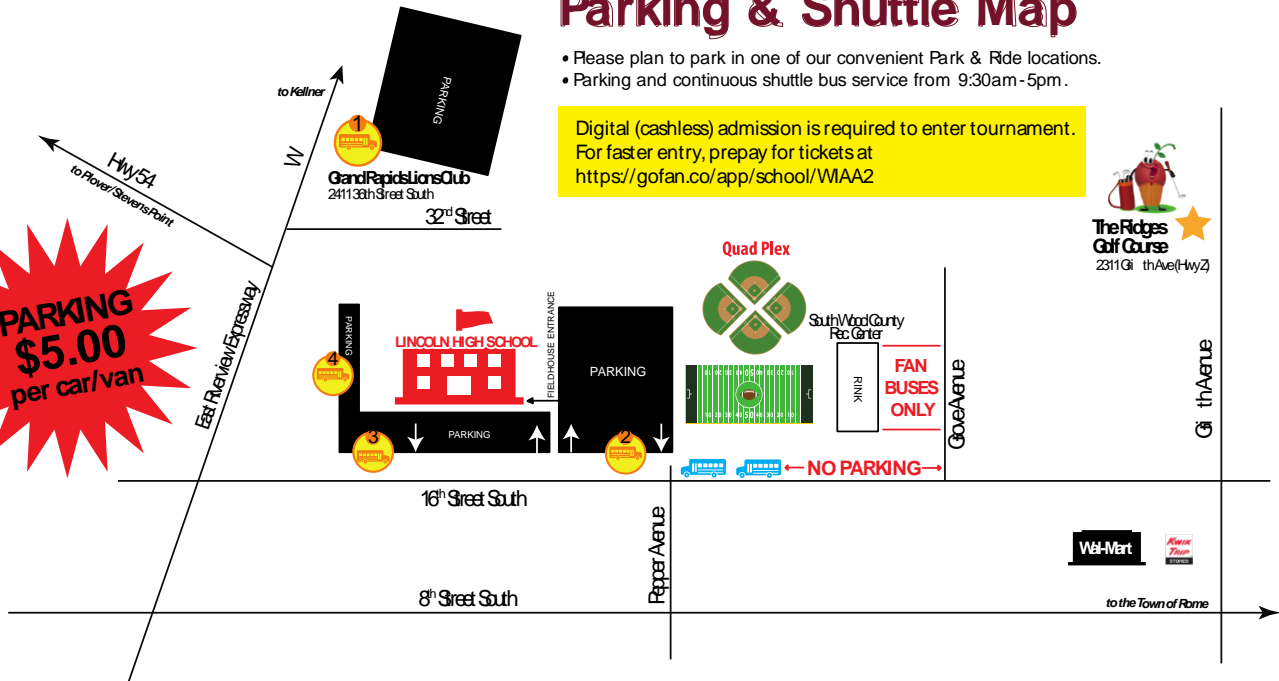
Parking & Shuttle Map

- Please plan to park in one of our convenient Park & Ride locations.
- Parking and continuous shuttle bus service from 9:30am-5pm.

Digital (cashless) admission is required to enter tournament.
For faster entry, prepay for tickets at
<https://gofan.co/app/school/WAAA2>



PARKING \$5.00 per car/van



For more information call us at 76-422-4650
or go to www.VisitWisRapids.com.

Fan Buses \$25 at South Wood County
Recreation Center / Hockey Rink
lot on Grove Avenue.

Two Spectator Shuttle Locations *NO PETS ALLOWED on course or shuttles.

Drop off & pick up will be on 20th Street, a short walk to the Cross-Country Course.

- Street Parking is not available near the Course or Lincoln High School.
- ONLY athletes, officials, staff, media and Accessible Parking is available at The Ridges Course.



Grand Rapids Lions Club // approximately 10-12 minutes

2411 33rd Street South
Parking lot is off City W, less than one mile east of Hwy 54/City W intersection

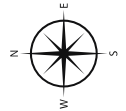


Lincoln High School // approximately 10-12 minutes

1601 16th Street South

Parking lot options:

- South of the school, enter by the Performing Arts Center
- Front lot between the school and 16th Street
- North Lot (visible from Hwy 54, but enter through Front lot)
- Shuttles available along 16th Street



*not to scale