



2025 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, November 1, 2025

B. **Host/On-Site Coordinator** - Wisconsin Rapids Lincoln High School is the host of the WIAA State Cross Country Championships.

Chris Feidt 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 is allowed on the course outside of the tent area until 10:15 a.m.

3. Course Inspection - State Meet course will open for State competitors only to walk/run it from 10:15 - 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:

Boys' Competition

12:00 p.m. - Division 3

12:35 p.m. - Division 2

1:10 p.m. - Division 1

Girls' Competition

1:45 p.m. - Division 3

2:25 p.m. - Division 2

3:05 p.m. - Division 1

6. Awards - Individual and team awards will be presented at The Ridges Golf Course. Awards will start at 3:45 p.m. They will be awarded on the driving range berm near the American Flag wind feathers. The awards will be presented in the same order as races.

3:45 pm Awards – D3 Boys

3:55 pm Awards – D2 Boys

4:05 pm Awards – D1 Boys

4:15 pm Awards – D3 Girls

4:25 pm Awards – D2 Girls

4:35 pm Awards – D1 Girls

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** – Purchase of apparel is only available on Friday night at Wisconsin Rapids High School and Saturday at The Ridges. There is no online purchasing option.

G. **Entrances & Admission to The Ridges**

Coaches and Athletes – Coaches and competing athletes (as well as WIAA Officials, Media, and Volunteers with passes) will be admitted with proper Admittance/Parking Permit onto Whitrock Avenue (at the intersection of 16th Street South and Whitrock Avenue – approximately a GPS location of 3999 16th St. S.) Continue east on Whitrock to 20th St. S. Once cleared to continue, turn right until reaching the entrance to the Ridges at Murgy Drive. Turn left to Check-in when directed to do so, presenting documents to scan and hand-in. 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 **must be printed out and provided to the parking attendant. 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 (costertag@wiaawi.org) for more information. Individual qualifiers will receive 1 Parking/Admittance Permit only, no exceptions. (Admittance/Parking Permit will be redeemed/collected by attendants upon entrance into State Meet.)

H. **Two Shuttle Bus Locations**

Shuttle locations are at Wisconsin Rapids High School (1801 16th Street South) and the Grand Rapids Lion's Club (2411 36th Street South).

The Grand Rapids Lion's Club is a little over one mile east of the high school on Cty. Trk. W. and has space to hold more than 700 vehicles. The Lion's club location has been under utilized over the years and is available to many more vehicles.

I. **Parking for Spectator Vehicles**

\$10.00 parking fee per vehicle for parking at Wisconsin Rapids High School and the Grand Rapids Lions Club, the two shuttle sites. 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 \$10.00 parking fee (must have ADA hangtag or license plate). There will be a \$25 parking fee for Fan Buses – see Fan Bus Parking info below.

- 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 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. Now that the shuttle bus drop-off and pick-up locations are near the Ridges Pro Shop and West Wing Banquet Hall, riders are a short walk to the starting line.

- K. **Spectators** – All spectators will be shuttled by bus to The Ridges, entering off Griffith Ave. (the previous team 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) plus processing fees. There will be no entry without prior ticketing. **NO CASH ENTRY.** Coaches, please copy and distribute the shuttle bus map to your spectators.

- L. **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 Aspirus 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 the checkout as well.
2. There is **NO Online Pre-Sale of WIAA State Cross Country Apparel.**

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. The prescription on the inhaler itself is appropriate documentation.
- 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 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 is specified in advance by the games committee or meet director and need to be concluded within 30 minutes of the end of the race.
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: Melissa Gehring (WIAA, Meet Manager), Chris Feidt (Wisconsin Rapids, On-Site Coordinator), Knight Wynn, Don Tolkacz 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 in the Banquet Hall, north of the driving range berm. 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 at the volunteer/hospitality tent, just outside the West Wing/Banquet Hall.
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. A nutrition station providing pre-race snacks for competitors will be located between Tent City and the apparel tent – only for individuals wearing a competitor bib.
8. Portable toilets are located near the shuttle bus drop off area, walkway north of the parking lot, finish area, entrance to Tent City, locations between the T-shirt tent and Tent City, as well as the ½-mile and 1 ½ and 2 ½ mile course locations. 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 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. Box 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.

Access to the Starting Line area will be limited to: No more than 2 coaches/managers allowed for qualifying teams, and no more than one coach for individual qualifiers. Must be wearing identifiable team/school apparel and credential.

Finish Area/Bullpen - Coaches and unauthorized individuals are not allowed in the finish area bullpen unless summoned by meet personnel.

- 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. NFHS Rule 4-6a states 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 but need to be removed 3-minutes prior to the start (see below)

J. **Starting Procedure (Rule 8-4-4 with Wisconsin Adaptations)**

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; ear buds need to be removed
 - 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. **Recording/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 pre-meet 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 (10:15 - 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 at 3:45 p.m. Athletes are requested to wear their uniforms and/or warm-ups (i.e., caps off, no props allowed).

GENERAL INSTRUCTIONS

Awards will be held on the driving range berm. Viewing for the awards is between the starting line rope and the awards platform.

First and second place teams as well as the top 10 individual place winners will need to report to the berm west of the awards stand near the American flag wind feathers to check-in for their awards, no later than 10 minutes before their presentation. **PLEASE BE PROMPT!**

The awards will be presented in the same order as races.

3:45 pm Awards – D3 Boys

3:55 pm Awards – D2 Boys

4:05 pm Awards – D1 Boys

4:15 pm Awards – D3 Girls

4:25 pm Awards – D2 Girls

4:35 pm Awards – D1 Girls

MISCELLANEOUS

A. **Items Available for Purchase Located in Tent North of the Driving Range**

1. T-shirts and Stocking Caps, Long Sleeve, Crew Sweatshirts, Hooded Sweatshirts
2. Programs - \$5
3. Concessions in the Pavilion Banquet Hall.

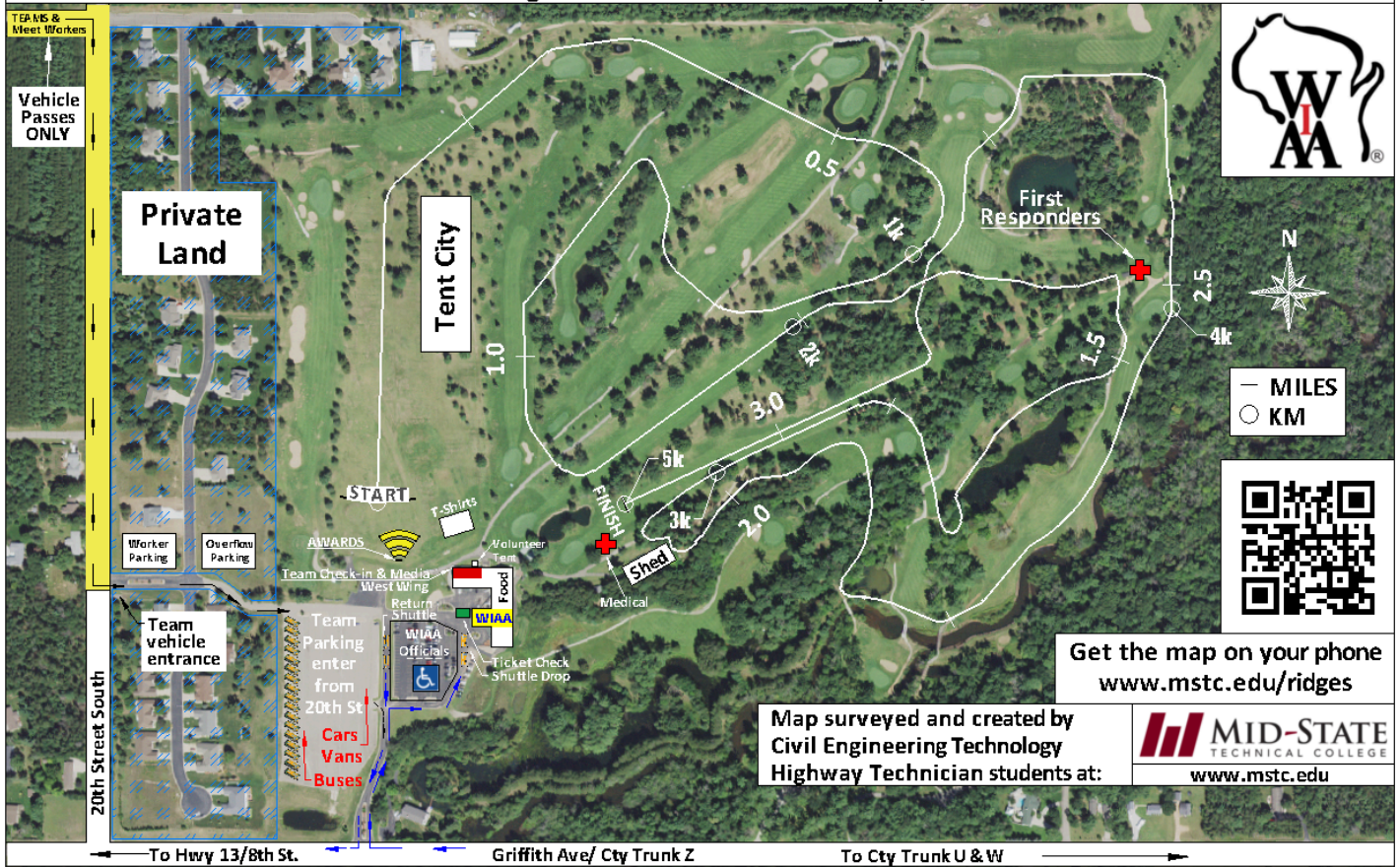
B. **Important Phone Numbers**

1. Wisconsin Rapids Lincoln High School (Monday - Friday) (715) 424-6760
2. Melissa Gehring, Assistant Director, WIAA (715) 344-8580 (office)/(920)306-0590 (cell)

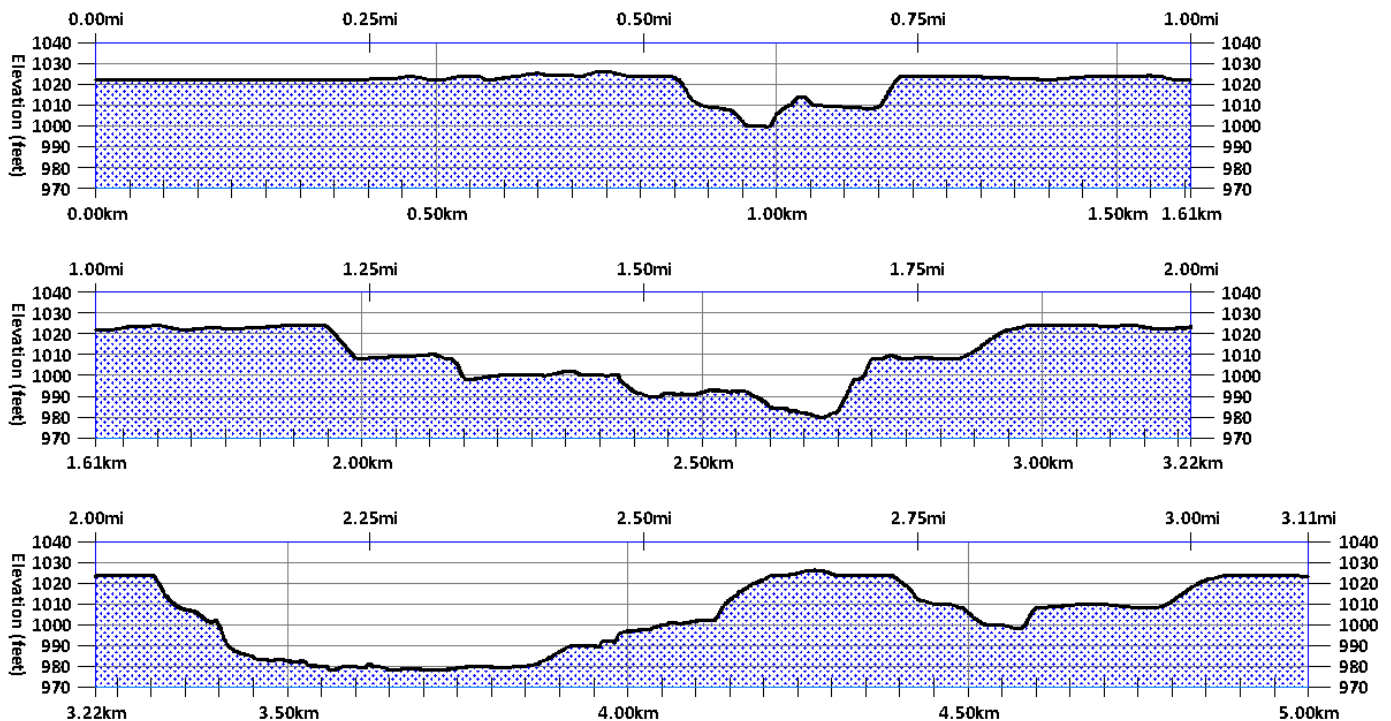
C. **Thanks** - The use of The Ridges Golf Course and facilities is made possible by Todd and Michele Goska, owners. Without their support, Wisconsin Rapids Lincoln High School would not be able to host this State Meet.

WIAA State 5000m Cross Country Course

The Ridges Golf Course - Wisconsin Rapids, WI



5000m Course Profile



Updated October 2024

