



2026 Cumberland Cross Country HS Invitational



- TO:** Athletic Directors and Cross Country Coaches
- TEAMS:** Amery, Ashland, Barron, Birchwood, Bloomer, Boyceville, Cameron, C/W, Cumberland, Grantsburg, Hayward, Ladysmith, NW, Saint Croix Falls, Shell Lake, Spooner, Superior, Turtle Lake, Unity, Webster
- WHEN:** Tuesday, Sept. 29, 2026
- WHERE:** Timberland Hills/CASTA Ski Trail
Click [LINK](#) for Directions from Cumberland
- ENTRY FEE:** \$125/school, payable to Cumberland School District
- RACE DAY:**
- | | |
|---------|--|
| 3:30 pm | Course opens |
| 4:00 pm | Coaches/Officials meeting by Warming House |
| 4:20 pm | National Anthem and Announcements |
| 4:30 pm | Girls Race |
| 5:15 pm | Boys Race |
| Awards: | @ Conclusion of Boys race |
- Top 10 individual finisher medals will be awarded for each race by the Timberland Arch, plus a team plaque for each top team.
- TIMING:** Please go to MileSplit at wi.milesplit.com and enter your rosters by **NOON Saturday September 26.**
- CONCESSIONS:** Concessions will be available, but limited items. Please remind your parents and athletes to pick up after themselves and use the garbage cans.
- PARKING:**
- Teams:** Pull into the warming house parking lot to drop off athletes and equipment. An attendant (AD/me) will park you.
 - All Spectators:**
 - in the field directly to the south of the start/finish area
 - across the road in around Farmstead
 - respect the property by driving slowly and picking up all trash.

- TENTS:** "Tent City" will be in the field just West of the warming house (see map for location).
- WATER:** There is not a place to fill up water containers, so bring water or have you athletes make sure they have plenty to drink. There will be jugs of water and gatorade at the finish line for finishers.
- LANES:** Amery-1, Ashland-2, Barron-3, Birchwood-4, Bloomer-5, Boyceville-6, Cameron-7, C/W-8, Cumberland-9, Grantsburg-10, Hayward-11, NW-12, Saint Croix Falls- 13, Shell Lake-14 Spooner-15, Superior-16, Turtle Lake-17, Unity-18, Webster-19
- MEDICAL:** If any of your athletes have any type of medical condition that our staff should be aware of, please send that information to **Lorne Majewski AD:** lmaje@csdmail.com
- School Nurse **Kristin Olson** will be in the trail vehicle.
Katie Jensen, AT and **EMT services** will be at the Finish Line.
- COURSE MAPS:** Course maps are below and some will be available on race day. The distances on the map determine the direction of the course.
- MOSQUITOS:** The population of the unofficial "state bird" is still present so bring mosquito repellent for your teams.
- BIKE TRAIL:
EQUIPMENT** Workers are creating Mountain Bike Trails at Timberland. Please remind your athletes to stay off and away from the equipment.

Cumberland HS 5000m Cross Country at Timberland Hills



Tent City



Use your phone to see your **LIVE** location
on the course by using this QR code,
or go directly to the URL:
<http://www.mstc.edu/cumberland>

Map surveyed & created by
CMI Engineering - Highway
Technician students at:

MID-STATE
TECHNICAL COLLEGE
www.mstc.edu

Aug 2020

5000m Cross Country Course Profile

