



29th Annual Dick Mitchell Invitational

MGV

W4142 CTH B West Salem, WI 54669

Saturday, October 3rd, 2026

Welcome, we are excited to host your team for the 2026 Dick Mitchell Invitational! Please read the information below and contact Mr. Jake Timm, Central High School Activities Director, at jtimm@lacrossesd.org or 608-789-3003, if you have any questions or concerns. We look forward to seeing you on October 3rd, 2026!

Race Schedule:

Course Open- 9 am

9:30 am- Coaches Meeting on the Patio

10:00 am- Coach Scott Anderson High School Girls Race- 5K

10:45 am- Coach Keith Christensen High School Boys Race- 5K

11:30 am- Anji Kujak Girls Middle School Race- 2 mile

12 pm- Sam Pinkowski Boys Middle School Race- 2 mile

Team Entry Information: Entries will be conducted through [MileSplitWI](https://www.milesplit.com). Please follow the instructions for claiming your team, editing your roster, and meet registration. **Meet Registration is due by Wednesday, September, 30th at 12:00 pm.**

Course Map: see attached.

Timing: Results will be posted on <http://www accuracetimeing.com/> following the conclusion of the meet.

Bus Parking: Busses will be directed to park on the large gravel lot. Please follow the attendants directions.

Spectator Parking: Abundant parking is available at the meet location- an upper and lower lot are available. Spectators will be guided regarding parking. **There is absolutely no parking on County Road B.** Please advise your teams and families.

There is a \$5 parking fee per car. Please advise your families and fans!

Packet and T-Shirt Pickup: Please come to the patio for your team packets and t-shirts.

Awards: 12:30 pm

Top Ten Middle School Boys and Girls Runners.

Top Ten Varsity Boys and Girls runners.

First place Boys and Girls Varsity teams.

Concessions will be available for purchase at the Dick Mitchell Invitational.

T-Shirts will only be pre-ordered this year and orders will close on the 22nd of September. Order online at <https://stores.gppsports.com/CentralXCInvite>

High School BOYS and GIRLS Lane Assignments:

Teams updated 8/19/26

La Crosse Central
West Salem
Aquinas
Westby
Bangor
La Crosse Logan
G-E-T
Sparta

Middle School BOYS and GIRLS Lane Assignments:

LANE ASSIGNMENTS AND TEAMS NEED TO BE UPDATED (9/21/26)

- 1- Logan - Confirmed and on Bound
- 2- Providence
- 3- Brookwood - Confirmed, Krystal Muellenberg
- 4- GET
- 5- Bangor Middle
- 6- Longfellow - Confirmed

Dick Mitchell Future Dates

2nd October 2027 - WE BE MOVED DUE TO OKTOBERFEST
7th October 2028
6th October 2029

MAPLE GROVE VENUES 5K CROSS COUNTRY COURSE

BLUE ARROWS = First 1600 meters

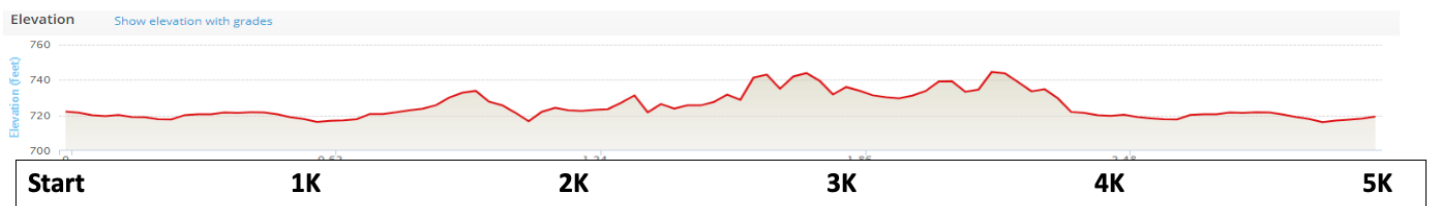
YELLOW ARROWS = Next 1600 meters

RED ARROWS = Last 1800 meters

****ALL runners must warm up on MGV property! NO RUNNING on HWY B or Ceresa Drive**



Elevation Map:



Course Description: The start is fair and flat with the first kilometer running out and back on different straights with gentle turns. The course runs behind the starting line to the 1600 mark near the patio. The course takes a left with a downhill section to the second kilometer mark. During the second to the third kilometer, the course has a series of hills, some long slopes and a few short abrupt ones. Rounding the back side of the course to the 3200 meter mark the course moves downhill, then uphill back to the starting line area where it heads back out to the fourth kilometer mark. The last kilometer is a repeat of the first except the course breaks off for the last 450 meters to the finish line.

Middle School 2 mile Course Map

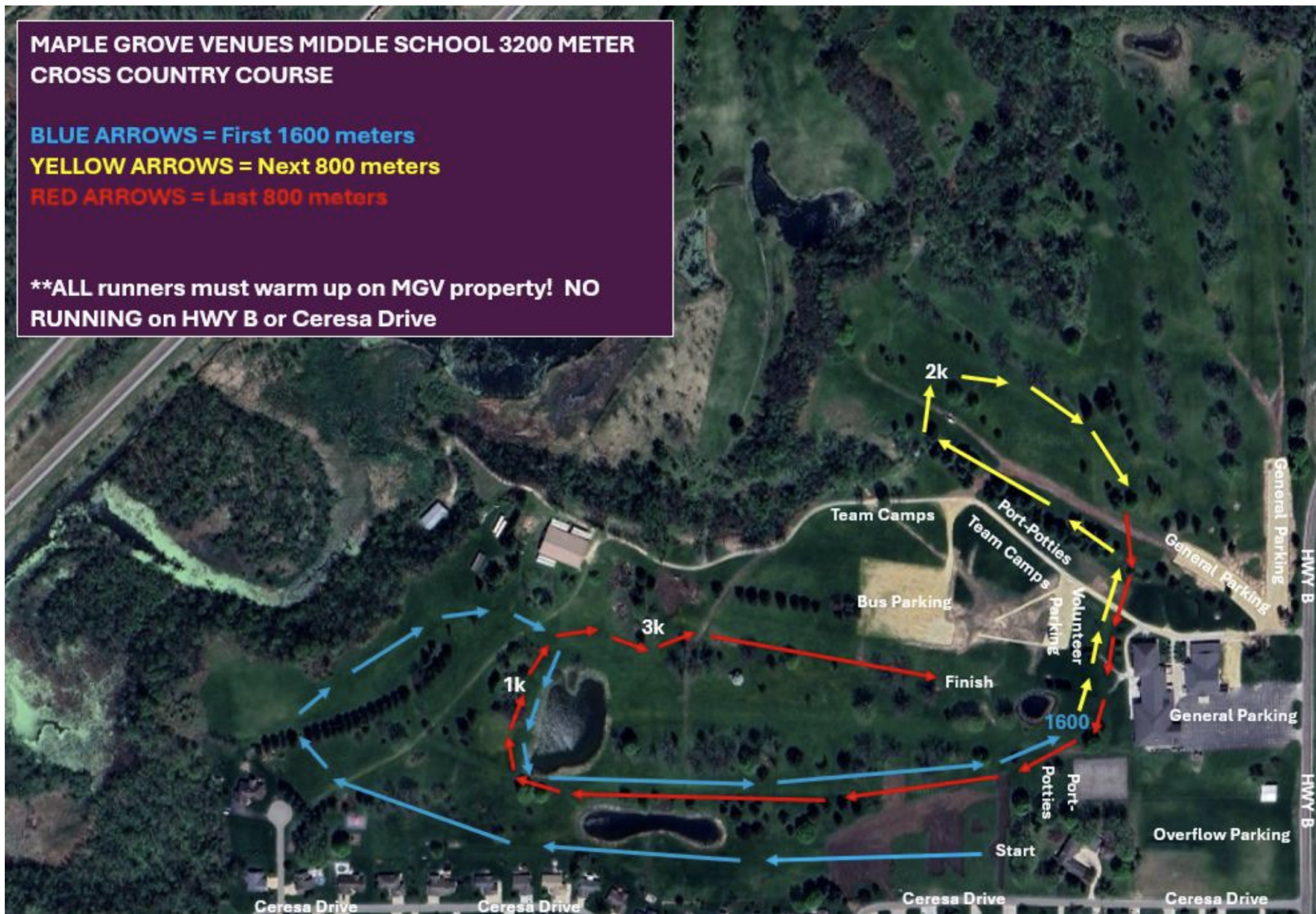
MAPLE GROVE VENUES MIDDLE SCHOOL 3200 METER CROSS COUNTRY COURSE

BLUE ARROWS = First 1600 meters

YELLOW ARROWS = Next 800 meters

RED ARROWS = Last 800 meters

****ALL runners must warm up on MGV property! NO
RUNNING on HWY B or Ceresa Drive**



**EXTRA-CURRICULAR ACTIVITIES
EMERGENCY ACTION PLAN**

Activity	Cross Country
Venue	MGV Convention Center and Golf Course
Address	W4142 Co Hwy B, West Salem, WI 54669

Designated Personnel

1. The Head Coach and/or Assistant Coach will make an initial assessment of the injured/ill athlete. If additional assistance is deemed necessary, he/she will ask an Assistant Coach or athlete to call, or find, the Athletic Trainer.
2. The Athletic Trainer, when available, will perform a medical assessment and either:
 - a. Provide minor medical treatment to the injured/ill athlete.
 - b. Call, or designate someone to call, the athlete's parents to explain the situation and have them pick up the athlete to take him/her to a medical facility.
 - c. Call, or designate someone to call, the athlete's parents to inform them that Emergency Medical Services (EMS) has been activated
 - d. Call, or designate someone to call EMS.
 - e. Designate someone to locate and retrieve the AED if needed.
3. If the Athletic Trainer is unavailable, the Head Coach and/or Assistant Coach will make the decision regarding activation of EMS.

Emergency Contacts

NAME	CONTACT INFORMATION
Alexis Stika, LAT Certified Athletic Trainer Gundersen Health System	Athletic Training Room: 608-789-3044 Cell Phone: 608-797-1836 Office: 608-775-9596
EMS	911
Gundersen Health System Medical Center	608-782-7300
Mayo Clinic Health Center	608-785-0940
Poison Control Center	800-222-1222

Emergency Equipment

- Supplies such as adhesive bandages, elastic wraps, gloves, etc. are located in the team's medical kit and the athletic trainer's bags.
- Crutches, splints, ice, etc. are located with the Athletic Trainer at the finish line.

- There is no AED located at Maple Grove Venue. If an AED is needed, call 911 immediately.

Emergency Information

LOCATION OF VENUE	MGV Convention Center and Golf Course
ENTRY LOCATION FOR EMERGENCY VEHICLE	W4142 Co Hwy B, West Salem, WI 54669

Emergency Call Instructions

When an individual calls EMS, he/she should:

- Identify him/herself and exact location.
- Explain what happened and the nature of the injury (i.e., head, spine, fracture, loss of consciousness, etc.).
- Give the address of the athletic venue and exact instructions on how the ambulance is to reach the injured athlete. This would include street address, gate information, building location, and entry information.
- Stay on the line until the operator disconnects the call.
- Return to the injury scene or meet the emergency personnel.
- Designate someone to wait at the entrance to meet the emergency personnel.

Additional Phone Numbers

NAME	CONTACT INFORMATION
Jake Timm, Athletic Director	608-789-3003
Jeff Axness, Principal	608-789-7900
Sara Lieurance, Nurse	608-789-3012
Laurea Eber, Health Assistant	608-789-7648

Inclement Weather Protocol

CONDITIONS	SHELTER	DIRECTIONS
TORNADO THUNDER/LIGHTNING	PERSONAL CARS/BUSES	EVERYONE SHOULD BE DIRECTED TO TAKE SHELTER INSIDE THEIR CARS/BUSES AS SOON AS POSSIBLE. ACTIVITIES SHOULD BE SUSPENDED UNTIL 30 MINUTES AFTER THE LAST STRIKE OF LIGHTNING IS SEEN AND AFTER THE LAST SOUND OF THUNDER IS HEARD.