

Onalaska Middle Cross Country Meet

Tuesday, September 29th

Meet Site: Maple Grove Venues

Meet Starting Time: 4:30pm

Schools: Longfellow, Onalaska, Sparta, Tomah, Westby

Welcome to Onalaska for our Cross Country meet. Just some reminders as you arrive at the meet.

- The meet will be run at Maple Grove Venues W4142 Co Hwy B, West Salem, WI 54669. There is plenty of onsite parking in the upper lot at Maple Grove Venues as well as in the overflow parking area below. **ABSOLUTELY NO PARKING ON County ROAD B.**
- The meet is scheduled for 4:30pm, there will be two races (girls will run first followed by the boys)
- Coaches remember to pick up your packets at the finish line tent.
- **Teams need to register their teams on MileSplitWI.** Go to <https://wi.milesplit.com/calendar> and scroll down to Onalaska Middle School Cross Country to register your teams. **Deadline to register athletes is**
- Timing: AccuRace Timing. Live results will be streamed throughout the races. **Results will be posted on <http://www accuracetiming.com/> at the conclusion of the meet.**
- Team camps are located near the finish line area. Trash bins are spaced out for easy clean up. Thanks for helping to keep this facility clean.
- We will have restrooms available on the north side of the building.
- This year, we will be collecting a \$5 entrance fee for all spectators. This fee is \$5 per car (not per person). Please make sure that you follow the volunteers working the event; they will guide you to the correct parking lot and will collect the money. This change is due to a collective effort from the owners of MGW along with coaches from the three rivers conference, UW-Lacrosse, and La Crosse County to make MGW a possible location for high school state championships, as well as a possible venue for NCAA races. With these long term goals in place, MGW needs support. These funds will be used in order to build a new course and improve/maintain the grounds.
- In case of lightning we ask that all athletes enter the main building on the east side near the parking lot.
- Please have athletes bring their own water and extra clothes if it's chilling. We cannot assure there will be community water fountains.

We are excited to host this meet and hopefully all athletes, coaches and spectators will enjoy the evening. If you have any questions please contact me at levengood.scott@onalaskaschools.com

See you all Tuesday!

Scott Levengood

OMS Head CC Coach

Katie Banie

OMS Assistant CC Coach

Abby Voss

OMS Assistant CC Coach

