

VIROQUA XC INVITATIONAL

Date: Thursday, September 3, 2026

Location: Vernon County Fairgrounds
Fairgrounds Road Viroqua, WI 54665

Parking: Parking will be available along Fairgrounds Road (main entrance) and in the Viroqua Community Arena parking lot.

**Do not enter the fairgrounds from the Croell Inc. cement plant entrance!*

**No parking in parking lots at any businesses on Nelson Parkway!*

Times: 3:00 Course opens for inspection
4:00 Middle School Girls Race
4:30 Middle School Boys Race
5:00 High School Girls Race
5:45 High School Boys Race

Course: High School Boys and Girls: 5000 meters (3.1 miles)
Middle School Boys and Girls: Approximately 2700 meters (1.7 miles)

Scoring: The top 5 finishers of each team will be scored, 6th and 7th runners will be pushers, and all other finishers will be ignored for scoring purposes.
Accurate Timing will be used for scoring and timing this year.

Awards: High School: Individual medals to top 20, team awards to top 2 teams
Middle School: Individual medals to top 15, team awards to top 2 teams
**Awards ceremony will be held at completion of the HS girls race.*

Registration: Registration must be done online at wi.milesplit.com. The deadline for registration is noon on Monday, August 31.

Results: Results will be posted on www accuracetimeing.com.

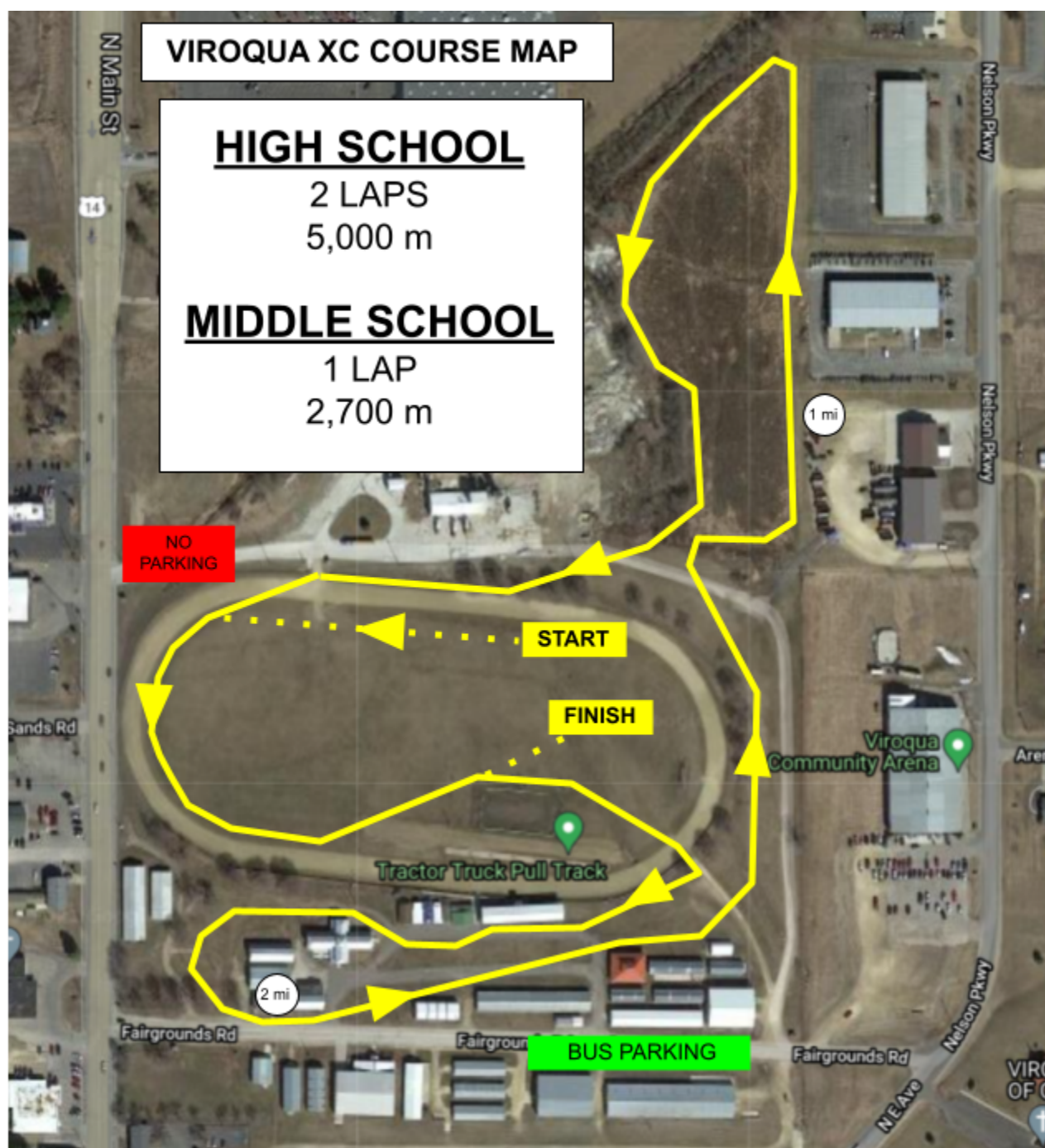
Spikes: Spikes are allowed and must conform to WIAA regulations.
***Important Note:** The race course crosses pavement several times.

Extra Info: Please respect the facilities at the Vernon County Fairgrounds. Portable restrooms will be available.

Teams: **High School:** Brookwood, Cashton, Central, De Soto, Hillsboro, Logan, Necedah, New Lisbon, Richland Center/Ithaca, River Valley, Royal/Wonewoc, Sparta, Tomah, Viroqua, Weston

Middle School: Brookwood, Cashton, De Soto, Hillsboro, Necedah, New Lisbon, Richland Center/Ithaca, River Valley, Royall/Wonewoc, Sparta, Viroqua, Weston

Questions: **Scott Benzing (Head HS Coach):** bensco@viroquablackhawk.org
Dan Brown (Activities Director): dbrown@viroquablackhawk.org



Reminders to Spectators

- Spectators must **STAY OFF** the grounds of the businesses along Nelson Parkway. This includes the area behind Southwest Sanitation and Elegant Stone Products.
- Spectators are also required to stay on the mowed path in the field on the north side of the course. This part of the course is on private property. **DO NOT** run or walk through the field to view runners at different spots on the course!
- We are fortunate to be able to use these areas and we don't want to lose access. Your cooperation with these restrictions is appreciated!
- **Dogs and other pets are not allowed on site per WIAA regulations.**

VIROQUA CROSS COUNTRY INTERACTIVE COURSE MAP

Instructions:

1. Download the Google Maps app on your smartphone.
2. Open the camera app on your smartphone.
3. Point the camera at the QR code.
4. Click on the Google Maps link that shows up on the screen.
5. The interactive course map will now open.
6. The blue dot will indicate your position on the map.
7. *The 5k course includes 2 laps of the main loop.

