

To: Activities Directors and Head Cross Country Coaches
From: Brian Huebner and Dave Nelson Westby Cross Country Coaches
RE: The Ken Trott Cross Country Invitational

The meet will be held on Tuesday August 26th on The Ken Trott Memorial Fields located west of Westby High School/Middle School complex.

Course: **4000 meters** all on grass trails.

Race Schedule:

3:30 Course opens for inspection.

5:15 Girls 4K- No varsity or JV distinction. One race for each gender.

6:00 Boys 4K-No varsity or JV distinction. One race for each gender.

As soon as possible following the final race we will have awards on practice football field by the finish line.

Teams scheduled: Aquinas, Arcadia, Black River Falls, Brookwood, Cashton, C.F.C., Durand-Arkansas, Hillsboro, Logan, Luther, Necedah, Marshall, Viroqua, West Salem, Weston, and Westby.

Awards: Trophy to the first place individual male and female runners. Individual medals for 2nd -15th place. Varsity team awards: Champion and Runner-Up plaque.

Registration: You will do your entries on MileSplit. Make sure you are able to log in and you have updated your roster as needed. Entries are due by Monday, Aug. 24th at noon. If you have questions about completing entries, contact Clark Jillson at AccuRace Timing or contact the help at MileSplit. Results: We will do our best to provide printed results to anyone who would like them following the awards, but complete results will be available following the awards ceremony at AccuRace Timing.

Miscellaneous:

- Ten years of past results can be at <https://westbycc.weebly.com/the-ken-trott.html>
- Remember both boys and girls are running 4K. Course maps will be provided on the day of the meet.
- Bathrooms are a short walk from the course located in a red and white shed North of our softball facility. There are also portable restrooms near the starting line and finish line.
- All team camps should be located on the practice football field south of the finish line.
- Some concessions will be available.
- Since this is the first possible date of competition and August weather can be hot we ask that coaches take appropriate measures to monitor your athletes for heat related issue. We will offer a hydration station near the finish chute for everyone to access water.
- If you have any questions, please do not hesitate to ask; you can contact me using the information below. Brian Huebner Westby High School 608 606 6515 or brian.huebner@westby-norse.org