

West Salem Middle School Cross Country Meet

September 15th, 2026

Meet Site: Maple Grove Venue

Meet Starting Time: 4:15pm

Competing middle schools: Aquinas, La Crosse Logan, Tomah, Holmen, Longfellow, Onalaska, Westby, Meadowview (Sparta)

The race schedule is as follows (all times are approximate):

- 4:15 - Eighth Grade Girls
- 4:45 - Eighth Grade Boys
- 5:15 - Seventh Grade Girls
- 5:45 - Seventh Grade Boys
- 6:15 - Sixth Grade Girls
- 6:45 - Sixth Grade Boys

Some important race day information:

- The race will begin behind the building at Maple Grove.
- The grade level meet is scheduled to begin at 4:15 starting with the 8th grade girls
- **Registration: Milesplit**
 - **Deadline Saturday, 9/12 at Noon**
- The course is 2 miles in length
- The results will be on AccuRace timing
- In case of lightning, we ask that all athletes return to their bus, if no bus is available then Maple Grove Venues will be open.
- Please have athletes bring their own water. There are not typically community water fountains available.
- The venue will be unlocked for restrooms for athletes and spectators.

Coaches should check-in and pick up their packets by the start line before the first race.

Restricted Areas:

Restricted areas are designated where no one except appropriate competing athletes / meet personnel are allowed. These include, but are not limited to the starting line, designated parts of the race course, and the finish chute. Due to the number of athletes and spectators, it is imperative that all spectators stay off the course to assure for a safe and fair competition.

Team Camps: Team camps are located north of the finish line area. Please stay away from the start/finish line and away from the course. Trash bins are spaced out for easy clean up. Thanks for helping to keep this facility clean.

Parking (see map):**

- 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.
- ONLY TEAM BUSES AND MEET PERSONNEL WILL PARK IN LOWER LOT
- There is 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. These funds will be used in order to build a new course and improve/maintain the grounds. Please notify your families of this.

We are excited to host this grade level meet! Email one of us if you have any questions at all.

Hilary Stanek

West Salem Athletic Director

stanek.hilary@wsalem.k12.wi.us

Heidi Gehlbach

West Salem Middle School CC Coach

gehlbach.heidi@wsalem.k12.wi.us

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 HGV property! NO
RUNNING on HWY 8 or Ceresia Drive

