

**WIAA DIVISION II  
CROSS COUNTRY SECTIONAL**  
**Hosted by Colby/Abbotsford Cross Country**  
**Colby High School—Colby, WI**  
**Saturday, October 26, 2019**

**Schools & Lane Assignments:**

Adams-Friendship-13, Altoona-4, Arcadia-14, Black River Falls-7,  
Colby/Abbotsford-5, Elk Mound-2, Gale-Ettrick-Trempealeau-6, La Crosse  
Logan-11, Mauston-15, Medford-9, Neillsville/Granton-1, Nekoosa/Port  
Edwards-8, Viroqua-10, West Salem-12, Wisconsin Dells-3

**Location:**

Colby High School  
705 N 2<sup>nd</sup> St  
Colby, WI 54421

**Times:**

9:30 AM Course opens for inspection  
11:30 AM Girls Division II Sectional Race  
12:30 AM Boys Division II Sectional Race  
1:30 PM Awards Ceremony—High School Gymnasium  
\*If we can do awards earlier, we will get them going sooner.

**Coach's Meeting:**

We will **NOT** have a coach's meeting as all needed information is in this informational letter. We would like you to have the time with your team. If you have a question or concern contact Coach Graun. There will be a sportsmanship form at the announcers table for each team to sign, please make sure you sign it prior to the start of the meet. Please listen to all announcements in case we would need to call a coaches meeting.

**Admission:**

Spectators will be charged a \$5.00 admission fee to this WIAA event. Please inform those who will be attending, especially parents, that admission will be charged.

**Bus Parking:**

Bus parking will be on the street in front of the school. Please park on the left side of the street first if that fills up, we will allow parking on the right side.

**Tents/Team Camps:**

Please see the included map of the grounds for team camp area, bathrooms/locker rooms, and concessions. Be sure to clean up team camps after the meet. We ask that you do not set tents up right next to the flag line of the course as to leave space for spectators.

**Trainer:**

Madi our trainer, from Marshfield Clinic, will be available and set up at the finish, and ice will be available.

**Officials:**

Barry Brubaker—Starter  
Paul Rozak—Meet Referee

**Jury of Appeals:**

Barry Brubaker—Starter,  
Bryon Graun—Meet Manager Colby/Abbotsford Coach,  
Pat Mulrooney—La Crosse Logan Boys Coach,  
Todd Lenz—Altoona Girls Coach,  
Bill DeVoe—Mauston Boys Coach

**Awards Ceremony:**

The awards ceremony will take place in the Colby High School Gymnasium starting at 1:30 p.m.

**Awards:**

Medals will be award to the top 5 individuals not on the top 2 teams as state qualifiers in each gender. The top 2 teams in each gender will be awarded a team plaque and 7 medals for the member of these teams as state qualifiers.

**T-Shirts:**

We will have t-shirts available for purchase. See attached t-shirt design.

Please send your roster to Coach Graun at [bgraun@gmail.com](mailto:bgraun@gmail.com) ASAP for the t-shirt company. This can be all your athletes not just the ones who are running.

**Restricted Areas:**

Restricted areas where only competing athletes and working meet personnel will be allowed are designated by ropes or fences. No spectators or non-participating athletes will be allowed in the starting area at any time, coaches only. The finish chute area is restricted at all times during and after the races to everyone except working meet personnel. No coaches, spectators, non-participating athletes, or student managers are allowed in these areas. These areas will be roped or fenced.

**Course Inspection:**

The course will be set and ready to be walked at 9:30 AM. Please have runners **off** the course by 11:15 AM, or fifteen minutes prior to the start of the Girls Division II race should there be a delay.

**Course: 5000 meters for Girls****5000 meters for Boys**

The race will be run on the Colby High School grounds. The course is mostly on grass, spikes can be worn. There is a packed granite trail in the wooded portion of the course. The course will be marked with appropriate flags and directional arrows and a double white line. It is fair and challenging, a true cross country course that includes short inclines, flat areas, wooded trails and many open areas as well! It is a very spectator-friendly course. One can see runners four times by only moving 100 meters. Course maps are included with this letter and will be in packets when you arrive. The 1K, 2K, 3K, 4K, 1 mile, 2 mile and 3 mile are all marked with flags. Midstate Technical College has surveyed and certified the course at 5000m. Starting lane assignments are randomly assigned by the WIAA.

**Team Fee:**

To offset hosts' expenses an entry fee of \$25/team per gender will be collected by the host school. If a school's team is incomplete, a fee of \$5/individual will be charged.

**Concessions:**

We will have concessions available just inside the high school front doors.

**Restrooms & Showers:**

Portable toilets will be available at the north end of the school. Bathrooms will be available inside the high school main doors and the locker rooms. Locker rooms will also be available inside the north end of the building.

**WIAA Rule Reminders:**

Toys: Please instruct your teams to not bring footballs, Frisbees, soccer balls, etc. to the meet site. They are to be left on the bus and not be thrown anywhere before, during, or after the races at the meet site.

Pets: Pets are not allowed at the meet site per WIAA Rules. Please relay this information to parents/spectators.

Music: Teams/athletes should not be playing music through any types of speakers. Only the host school is permitted to play music and have a pa/speaker system at the meet sight.

**Teams:**

Teams will consist of a minimum of 5 runners and a maximum of 7 runners. Those schools running with less than 5 individuals will not be eligible for the team competition but will compete as individuals.

**Uniforms:**

All uniforms must conform with WIAA regulations. Please review these regulations in the information that you received from the WIAA. Be sure to review all uniform regulations with your teams prior to the race.

**Entries:**

**Entries MUST be completed online at [pttiming.com](http://pttiming.com) by Tuesday, October 22<sup>nd</sup> at 11:59 p.m. Include participants' first and last names and GRADE IN SCHOOL when entering.** If you know of team changes during the week of the race, please e-mail me at [bgraun@gmail.com](mailto:bgraun@gmail.com). Coaches may change runners up to the start of the race; however, these changes **must** be reported to the meet manager. Please report to the timing tent at the finish area upon arrival to make any changes and to check to see that rosters are correct.

**Results:**

Score sheets and results will be tabulated and available as soon as possible after the conclusion of the awards ceremony. Results will also be emailed to coaches and will be available on the WIAA and PT Timing websites. Coaches and spectators are asked to be patient as scoring and tabulating is taking place. **Extra time and precautions will be taken to make sure that all results are accurate and correct.**

If you have any questions, please feel free to contact me at:

Phone: 715-223-2338 ext. 5149

E-mail: [bgraun@gmail.com](mailto:bgraun@gmail.com).

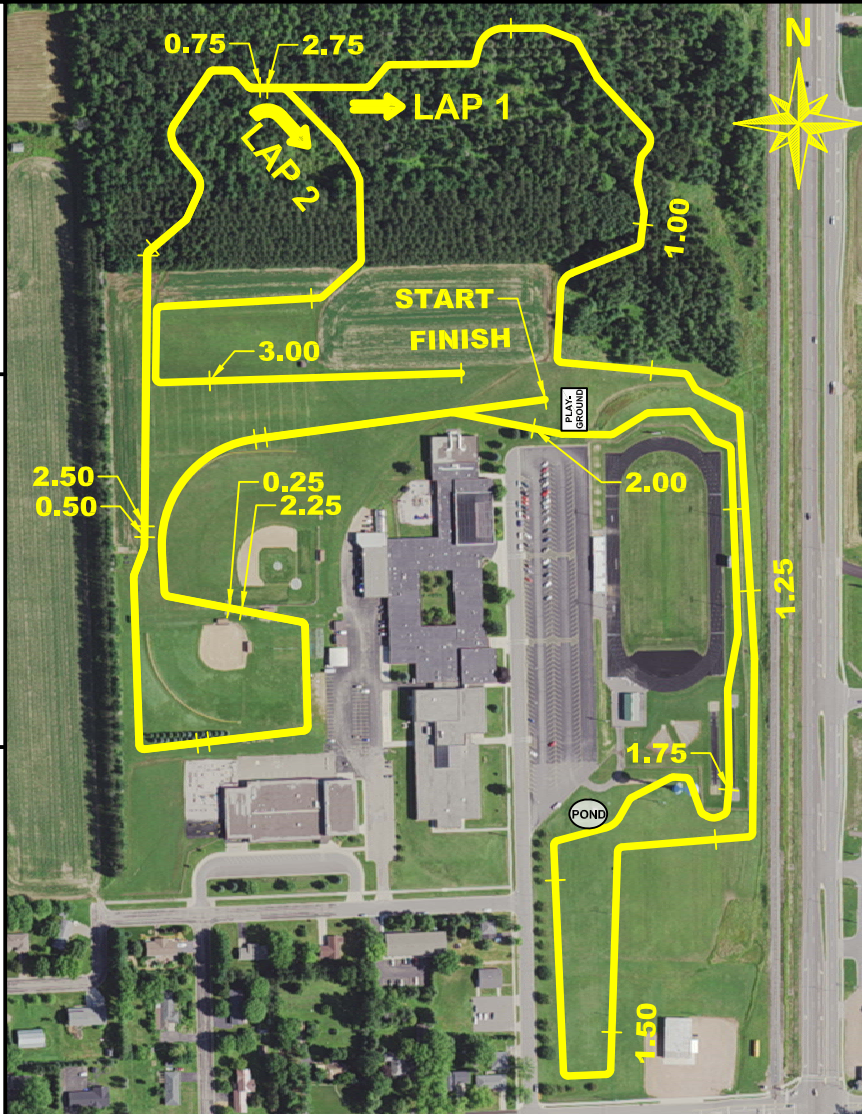
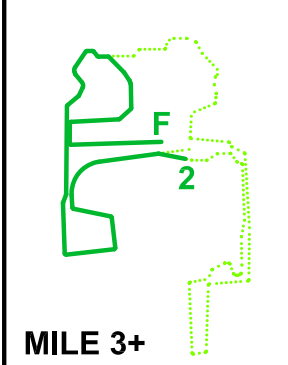
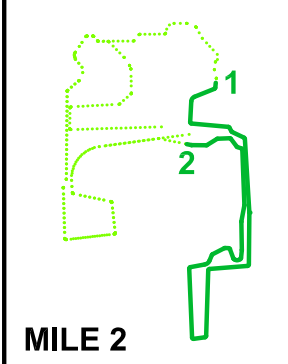
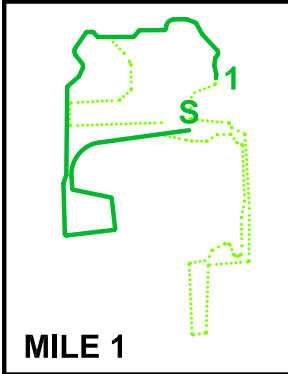
Bryon Graun

Sectional Meet Manager

Colby/Abbotsford Boys & Girls Cross Country Head Coach

**Online Entries Are Due Using PT Timing No Later Than  
Tuesday, October 22 at 11:59 p.m.**

# Colby HS 5000m Cross Country Course



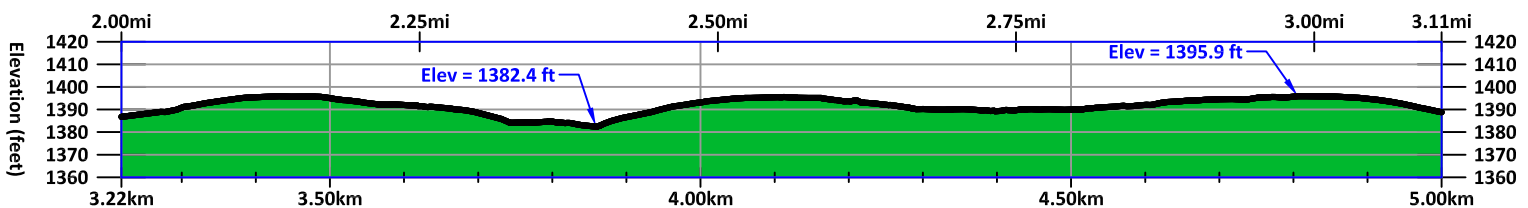
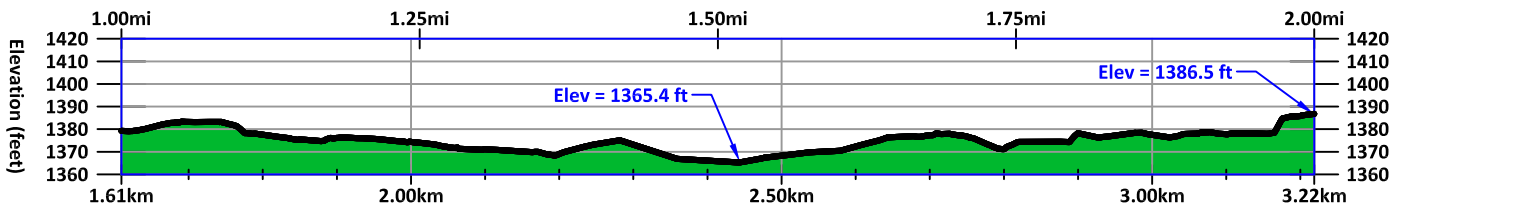
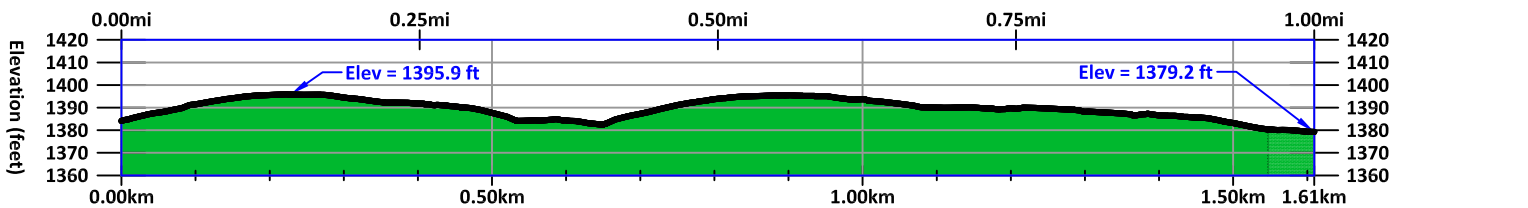
Use your phone to see your LIVE location on the course with this QR code, or go directly to the URL: <http://www.mstc.edu/colby>

Map surveyed & created by Civil Engineering - Highway Technician students at:



[www.mstc.edu](http://www.mstc.edu)

## 5000m Cross Country Course Profile



**2019 Colby/Abbotsford  
WIAA Sectional  
T-Shirt Design**



The back of the shirts will have all the athletes names listed. Please get me your roster ASAP.  
bgraun@gmail.com