

2013 WIAC CROSS COUNTRY CHAMPIONSHIPS

MEET INFORMATION

- Meet Date:** Saturday, November 2nd, 2013
- Race Times:** 12:00pm - **Women's 6k** 1:00pm - **Men's 8k**
- Entires:** Please enter your team of up to 15 at PT Timing by Noon on Monday, Oct. 28th.
Note: You will be limited to 12 competitors for the race.
- Timing:** PT Timing will be using a Shoe Chip system & FinishLynx/IdentiLynx.
- Course:** Kilkarney Hills Golf Course is a well kept course that is relatively flat. It will be marked with a double white line. All Mile and K's will be posted.
Location: 163 Radio Rd, River Falls, WI 54022
Caution: Radio Rd is Closed at WI-35. Alternate route is attached
- Course Preview:** The course will be open for inspection on Friday, Nov. 1st from 3:00pm to 6:00pm. The course will also become available on Saturday, Nov. 2nd starting at 10:00am.
- Packet Pick-Up:** Championship meet packets can be picked up at the finish line beginning at 3:00pm on Friday, Nov. 1st. Chip packets will be available Saturday, Nov. 2nd at 10:00am near the Finish line.
- Parking:** Bus and Van parking will be available in the lot atop the entrance hill on the right. **Parking passes will be in your championship packet for Saturday.**
- Box Assignments:** #1 - UW-Stevens Point, #2 - UW-La Crosse, #3 - UW-River Falls, #4 - UW-Whitewater, #5 - UW-Eau Claire, #6 - UW-Stout, #7 - UW-Oshkosh, #8 - UW-Superior, #9 - UW-Platteville
- Each box will have a bin for competitors gear. Bins will be moved to the finish line after the start of each race.
- Start Procedures:** Starting procedures will follow the NCAA rule book. The first gun will fire signaling 30 minutes to the start. A second gun will fire signaling 20 minutes to the start and the beginning of the clerking procedures. A third gun will fire signaling 10 minutes to the start. The starter will give his final instructions 2 minutes prior to the start. If anyone is to fall due to contact within the first 100 meters, the starter will fire the gun and will restart the race.
- Awards:** Awards ceremony will take place at 2:00pm on the westside of the clubhouse.
- Showers:** Showers will be available in the Knowles Center on the campus of UW-River Falls. Directions to the Knowles Center are attached.
- Training Staff:** UW-River Falls Training staff will be on site Friday and Saturday. Friday - 3:00pm to 6:00pm, Saturday - 10:00am to :30 post Men's race. Please bring own supplies.
- Meet Results:** Result will be posted adjacent to the finish line and will be available online at www.WIACsports.com and www.UWRFsports.com