



Welcome to the running of the Hudson Cross Country Invitational in its 60th year. We are excited about hosting the meet and hope that you and your athletes enjoy the meet.

TO:	Athletic Director, Coaches, and Officials of: Hudson, Chippewa Falls, Menomonie, River Falls, Somerset, St. Croix Prep
FROM:	Aaron Moen, Activities Director Wade Kowalchyk and Melissa Burkart, Head XC Coaches Jake Sande, Assistant Activities Director (Site Manager)
WHERE:	Hudson Middle School - 1300 Carmichael Rd.
TIMING SYSTEM:	We will be using PT Timing to time our Invite this year. Please enter your athletes at: Athletic.net by Thursday, Oct 1st, 11:59 am (noon) .
OFFICIALS:	Doug Hjersjo & Dan Klaustermeier
ENTRY FEE:	\$200/team or \$100/per gender - checks to Hudson High School
COACHES MEETING:	9:30 AM at the table near the finish area
BUSES:	Park in the lot behind the middle school or at Grandview Park.
AWARDS:	Plaque to the overall winning boys team and girls team A trophy to the individual winner of each grade level. Medals to second through tenth place of each grade level.
COURSE RECORD:	Boys 15:58.0 Emmett Gerres Belle Plaine 2022 Girls 17:50.3 Aubrey Roberts ECM 2014
MAPS:	NEW course map this year. Similar as in the past with two loops, the first being the larger one and the second smaller one. See below and also included in the coach's packet when you pick them up at the finish area.
TIME SCHEDULE: All races are 5 KM	9:00 Course opens 10:00 Freshman Boys and Girls 10:30 Sophomore Boys and Girls 11:00 Junior Boys and Girls 11:30 Senior Boys and Girls 12:00 Awards
BIB NUMBERS:	Please pin the bib number to the front of the uniform. (pins provided)

The starting procedure will be the same one used in the WIAA Tournaments. The starter will not give instructions nor answer questions after the three-minute countdown. The information given over the public address system will be:

15 minutes to the start of the race

10 minutes to the start of the race

5 minutes to the start of the race

3 minutes to the start of the race

2 minutes to the start of the race - runners remove sweats, coaches vacate area

1 minute to the start of the race - runners may not leave the starting line.

30 seconds to the start of the race

15 seconds to the start of the race

10 seconds to the start of the race

*** The STARTER will then fire the gun when all runners are “MOTIONLESS AND SET”**



QUESTIONS:

If you have any questions or concerns, please contact Aaron Moen (AD)
715-377-3800 moenap@hudsonraiders.org or
Boys Head Coach: Wade Kowalchyk - cell phone 715-307-2119
kowalchykwade@hudsonraiders.org
Girls Head Coach: Melissa Burkhart - cell phone 715-379-0465
burkarm1@hudsonraiders.org