



Ladysmith



Home of **LUMBERJACK & LUMBERJILL** Cross Country

Bailey Naas

Head Coach

bnaas@sdlwi.org

Kayla Gago

Assistant Coach

kgago@sdlwi.org

Hard Work

Dedicated Attendance

Trust

Excellent Behavior

Positive Attitude

Ladysmith Cross Country Invitational Meet

Date/Schedule

Thursday, September 29, 2022

3:00 p.m. - Course Opens for Warm-ups

4:00 p.m. - Coaches Meeting near the Finish Area

4:30 p.m. - 2500m Middle School Race

5:00 p.m. - 5000m High School Boys Race

5:30 p.m. - 5000m High School Girls Race

6:10 p.m - awards ceremony, held by concession stands

Location

Ladysmith Middle/High School - The start and finish are near the football field.

Entry Fee

\$100 - Please make checks payable to: Ladysmith School District

Please send checks to LMHS /

Attn: Troy Gago, AD /

1700 Edgewood Ave. E. /Ladysmith,WI 54848

Entries

Please submit your roster on PTtiming by Monday, September 26th at 11:59 a.m. You don't need to designate your Varsity and JV runners; the computer will score your first 7 runners as your varsity. If you miss the deadline, you are responsible for contacting PTtiming to resolve this issue.

Teams Competing/Lane Assignments.

1. Ashland, 2. Cameron, 3. Chequamegon, 4. Chetek-Weyerhaeuser, 5. Cumberland, 6. Flambeau, 7. LCO, 8. Hayward, 9. Ladysmith, 10. Lake Holcombe/Cornell, 11. Northwestern, 12. Phillips, 13. Shell Lake, 14. St. Croix Falls (as of 7/26/22)

Awards

Medals will be given to the Top 10 finishers in each race

Parking

Parking lot east of the high school for buses and spectators - DO NOT PARK BEHIND THE SCHOOL as The back road will be blocked off immediately after school.

First Aid An athletic trainer should be on site

Weather If shelter needs to be taken due to lightning or other weather conditions, we will go into the school.

Rest Rooms Available at the Restroom/Concession Stand building near the start/finish area

Concessions We will have a concession stand available.

Course Description The course is run on school grounds. It is mostly flat and spectator friendly.

Other Teams need to appoint a captain for each team race who is responsible for bringing the team to the official WELL before the three minute call to prevent teams from not being properly checked in for possible violations.

Team camps should be set up behind the Restroom/Concession Stand building.

NO PETS (WIAA Rule) - Anyone with a pet will be told to put their pet in their vehicle. Please inform your parents.

Questions Contact Bailey Naas (head coach) at bnaas@sdlwi.org or
Troy Gago (Athletic Director at tgago@sdlwi.org)