



Ladysmith



Home of LUMBERJACK & LUMBERJILL Cross Country

Jake Ebner
Head Coach
jebner@sdlwi.org

Bailey Keeble
Assistant Coach
bkeeble@sdlwi.org

Hard Work

Dedicated Attendance

Trust

Excellent Behavior

Positive Attitude

Ladysmith Cross Country Meet

Date/Schedule

Thursday, October 1, 2020
3:30 p.m. - Course Opens
4:30 p.m. - Coaches Meeting near the Finish Area
5:00 p.m. – 5000m High School Boys Race
5:45 p.m. – 5000m High School Girls Race
No MS Race

Location

Ladysmith Middle/High School - The start and finish are near the concession stand.

Entry Fee

None

Entries/Timing

We will be using PTtiming. Please enter your runners by Monday, September 28th.

Lane Assignments

1. Barron, 2. Open, 3. Bloomer, 4. Open, 5. Chetek-Weyerhaeuser, 6. Open, 7. Ladysmith, 8. Open, 9. Northwestern

Awards

None

Parking

Parking lot east of the high school for buses and spectators - DO NOT PARK BEHIND THE 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

Each school will have 1-2 port-a-potties next to their assigned team area. Only use the port-a-potties designated for your school

Concessions

None

Water

Make sure athletes bring their own water

Course Description

The course is different this year, but it is still run on school grounds. It is mostly flat and spectator friendly. Some of the old course is still used, but the starting area is different and there is a different woods section than last year.

Maps

Maps will NOT be provided at the meet. Maps will be sent to your AD with this meet information.

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.

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

Spectators are encouraged to wear masks and stay away from athletes

Athletes need to wear face coverings from the time they get off the bus until they reach the 100m cone after the start of their race. Face coverings need to go back on once athletes finish.

Make sure your Athletic Director has informed you of the rules that HON CC Meets will be following.

Questions

Contact Jake Ebner (coach) at jebner@sdliwi.org