



Ladysmith



Home of **LUMBERJACK & LUMBERJILL** Cross Country

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Hard Work

Dedicated Attendance

Trust

Excellent Behavior

Positive Attitude

Ladysmith Cross Country Invitational Meet

Date/Schedule

Thursday, September 30, 2021

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

No Awards Ceremony - coaches may pick up team medals at the end of the meet

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 27th 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. Ladysmith, 9. Lake Holcombe/Cornell, 10. Northwestern, 11. Phillips 12. St. Croix Falls (as of 8/31/21)

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.

Please have a coach from your team available to assist your athletes at the finish line if needed. There will NOT be workers there to assist runners as they finish.

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

Questions

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