



TO Athletic Directors & Coaches: Amery, Ashland, Baldwin-Woodville, Barron, Bloomer, Boyceville, Cameron, Chippewa Falls, Colfax, Cumberland, Drummond, Eau Claire North, Elk Mound, Ellsworth, Flambeau, Glenwood City, Grantsburg, Hayward, Hudson, Hurley, Lac Courte Oreilles, Ladysmith, McDonell Central, Menomonie, New Richmond, Northwestern, Osceola, Phillips, Prairie Farm, Saint Croix Central, Shell Lake, Somerset, Spooner, St. Croix Falls, Superior, Unity, Webster

We are looking forward to hosting the 52nd Annual Rice Lake Cross Country Invitational.

<u>Date:</u>	Tuesday, September 13, 2016
<u>Place:</u>	UW-Barron County Campus, Rice Lake (1800 College Dr., Rice Lake WI)
<u>Times:</u>	Course opens for inspection 3:00 p.m.
	Coaches' Meeting (<i>hospitality tent at finish line</i>) 3:30 p.m.
	Middle School Boys' and Girls' Race 4:00 p.m.
	Boys' Varsity 5000 meters 4:30 p.m.
	Girls' Varsity 5000 meters 5:00 p.m.
	Boys' JV 5000 meters 5:30 p.m.
	Girls' JV 5000 meters 6:00 p.m.
	Awards Ceremony 6:30 p.m.

Please note that both high school girls' races will be 5000 meters.

We will be scoring the varsity races as small and large school divisions. All runners will start together and use the same finish line, as we will be using chip timing. Division assignments will be based on 2015-16 enrollments, unless otherwise requested.

Individual Awards: Varsity-medals top 10 runners in each division, ribbons 11-20 in each division. JV-ribbons top 15 combined divisions. Middle school—ribbons top 15.

Team Awards: Plaque and medals 1st place boys' and girls' team in each division. Plaque to second place team each division.

Entry fee: \$210 payable to: Rice Lake High School, Attn: Athletics Dept., 30 So. Wisc. Ave., Rice Lake WI 54868

Course: Course maps will be available on race day. The course is a combination of open prairie and woods with a few asphalt crossings. Course markings will be at 800 meters, 1000 meters, 1600 meters, 2000 meters, 3000 meters, 3200 meters, and 4000 meters.

Scoring: Scoring the meet will be White River Sports Timing. They will have race packets and single-use timers for pick-up when you arrive. They will also have results available after the last race. Please register with White River Sports on their website at www.itiming.com by Sunday, Sept. 11, 2016. Instructions for registering are available on the website. Please contact itiming@itiming.com or jesshirsch@itiming.com if you have any questions.

Note: This also applies to middle school teams, so please forward a copy of this letter to your middle school coach. It is very important that all runners (middle school and high school) be pre-registered. No registrations on race day. Changes only.

Facilities: Porta-potties and concessions will be available, but locker rooms will not.

If you have any questions or concerns, please contact coaches:

Jamie Stone, Head CC Coach
Rice Lake High School
715-790-3242
jkstone1@charter.net

Erin Johnson, Assistant CC Coach
Rice Lake High School
715-234-2181 ext. 5461
johnsone@ricelake.k12.wi.us