



MEET INFORMATION
2020 GREAT NORTHERN CONFERENCE CC CHAMPIONSHIPS
THURSDAY, OCTOBER 15, 2020

TO: Cross Country Coaches and Athletic Directors of Antigo, Lakeland, Medford, Mosinee, Northland Pines, Rhinelander and Tomahawk

FROM: John Zuelsdorf, Cross Country/Meet Manager, Tomahawk H.S.

RE: 2020 GNC CC MEET, Thursday, October 15th, 2020

COURSE LOCATION: The meet will be held at Edgewater Country Club, located one mile east off of highway 51 on Cty Rd A. Course map attached.

ENTRY FEE: none

AWARDS: Conference awards will be distributed after completion of the meet. At this time the exact format for awards distribution/recognition is not finalized, but it will follow local health and WIAA guidelines.

CONCESSIONS: At this time we are planning a concession stand with pre-packaged items under the cart shed near the finish line.

APPAREL: There will be sublimated dry-fit GNC Meet T-shirts and Sweatshirts for sale at the end of the Menards building near the concession stand courtesy of TIER1SPORTS of Tomahawk. (see additional attachment for design)

<u>TIME SCHEDULE:</u>	Course Opens	3:00 P.M.	Coaches Meeting	3:45 P.M.
	BOY'S JV	4:00 P.M.	GIRL'S JV	4:05 P.M.
	BOY'S Varsity	4:45 P.M.	GIRL'S Varsity	5:15 P.M.
	Awards	5:50 P.M.		

LANE ASSIGNMENTS: Antigo-lane 10, Lakeland-lane 2, Medford-lane 12, Rhinelander-lane 6, Mosinee-lane 14, Northland Pines-lane 8, and Tomahawk-lane 4 (computer generated)

SCORING: One copy of results will be available to coaches only for both races including all squads courtesy of Tortoise & Hare Timing. If you wish to get more copies or look over results, you can gain this information at www.tandhming.com shortly after the event. Coaches are advised to keep their own times for cross-reference.

MEDICAL: Our trainer, Ryan Flynn from Ascension Sports Medicine will be on-site.

RESTROOMS: Four Port-A-Potties will be located in the team tenting area on the hill.

INFRACTIONS COMMITTEE (4): Head coaches from each Rhinelander, Mosinee, Tomahawk, and the Tomahawk Athletic Director.



Face Coverings

Spectators will be allowed. Coaches please communicate to your parents that they are required to wear a mask at this venue and practice social-distancing.

Upon arrival, it is expected that your athletes are masked leaving their bus and up until you start physical exertion warming up as a team. After your warm up, when the athletes enter the starting area, they **MUST** be masked. This space is defined as "confined", even though there will be proper spacing and it is outdoors. Once we call them to the start, it is recommended that they take off their mask. They will be at the start line for hopefully less than one minute before they begin. When the athletes finish the race, we will be instructing them to physically distance themselves from the finish line, any other runners and coaches. During this time we will have a trainer, medical personnel and workers monitoring athlete's recovery, along with your coaching staff. Once your athlete has recovered from their race, we ask that they re-mask as soon as possible.

Registration

Entries will be submitted using the website www.wi.milesplit.com. Entries are due by Tuesday, October 13, noon. Changes may be made directly to Kevin FitzPatrick at fitz@tandhtiming.com by 10:00 a.m. on race day. After that time (with waves in the varsity race) he will not be able to make any changes, as his company is doing multiple meets on that day.

Seeding Instructions: When you go online to enter your athletes, there will be three seed groups established for the varsity race. You should assign your athletes to the seed groups as follows:

- Seed Group A – Runners #1 & #2 (top two runners on your squad)
- Seed Group B – Runners 3, 4, & 5.
- Seed Group C – Runners 6, 7, & 8

The Varsity race will be run in three waves with Seed Group A first, followed by Seed Group B and then Seed Group C. (Running the waves from fastest to slowest) The JV races (boys, followed by girls) will be in two waves, separated by approx. 5 minutes.

4:00 pm JV Wave Start (5 min between starts)

Wave 1: JV Boys

Wave 2: JV Girls

4:45 pm V Boys approx. (will start early, if last JV runner is in prior to 4:40 p.m.)

Wave 1: Varsity Boys Group A

Wave 2: Varsity Boys Group B

Wave 3: Varsity Boys Group C

5:15pm approx. (will start early, if last V Boy is in prior to 5:10 p.m.)

Wave 1: Varsity Girls Group A

Wave 2: Varsity Girls Group B

Wave 3: Varsity Girls Group C

Varsity runners will not be allowed to change waves after 10 a.m. on race day. Make sure your varsity athletes are in the correct waves!

