

# 2020 Coulee XC Meet at Viroqua

**Date:** Tuesday, October 13, 2020

**Location:** Vernon County Fairgrounds  
Fairgrounds Road Viroqua, WI 54665

**Parking:** Parking will be available in the Viroqua Community Arena parking lot on Nelson Parkway. No spectator vehicles allowed on Fairgrounds Road.  
**\*\*\*\* See attachment for parking directions and instructions!\*\*\*\***

**Times:** 3:00 Course opens for inspection  
4:30 Boys Varsity Race  
5:00 Girls Varsity Race  
\*\*\*\*\* Combined JV Race (at completion of Girls Varsity Race)

**Course:** High School Boys and Girls: 5000 meters (3.1 miles)

**Scoring:** The top 5 finishers of each team will be scored, 6th and 7th runners will be pushers, and all other finishers will be ignored for scoring purposes.  
Accurace Timing will be used for scoring and timing this year.

**Awards:** High School: Individual medals to top 10 boys and girls varsity

**Registration:** Registration must be done online at [wi.milepslit.com](http://wi.milepslit.com). The deadline for registration is 11:59 pm on Saturday, October 10.

**Results:** Results will be posted on [www accuracetimeing.com](http://www accuracetimeing.com) and [www.viroquaxc.com](http://www.viroquaxc.com).

**Spikes:** Spikes are allowed and must conform to WIAA regulations.  
**\*Important Note: The race course crosses pavement several times.**

**Extra Info:** Please respect the facilities at the Vernon County Fairgrounds.

**Teams:** High School: Arcadia, Black River Falls, G-E-T, Luther, Viroqua, West Salem, Westby

**Questions:** Scott Benzing (Head HS Coach): [bensco@viroquablackhawk.org](mailto:bensco@viroquablackhawk.org)  
Eric Anderson (Activities Director): [anderi@viroquablackhawk.org](mailto:anderi@viroquablackhawk.org)

# Spectator Parking

Please share with families and spectators!

## From the North (HWY 14):

1. Left on Fairlane Drive (Cty BB) at Kwik Trip
2. Right on Nelson Parkway
3. Parking will be in the Viroqua Community Arena lot

## From the South (Main Street, HWY 14):

1. Right on Fairview Drive
2. Left on NE Ave (turns into Nelson Parkway)
3. Parking will be in the Viroqua Community Arena lot



# Bus Parking

## From the North (HWY 14):

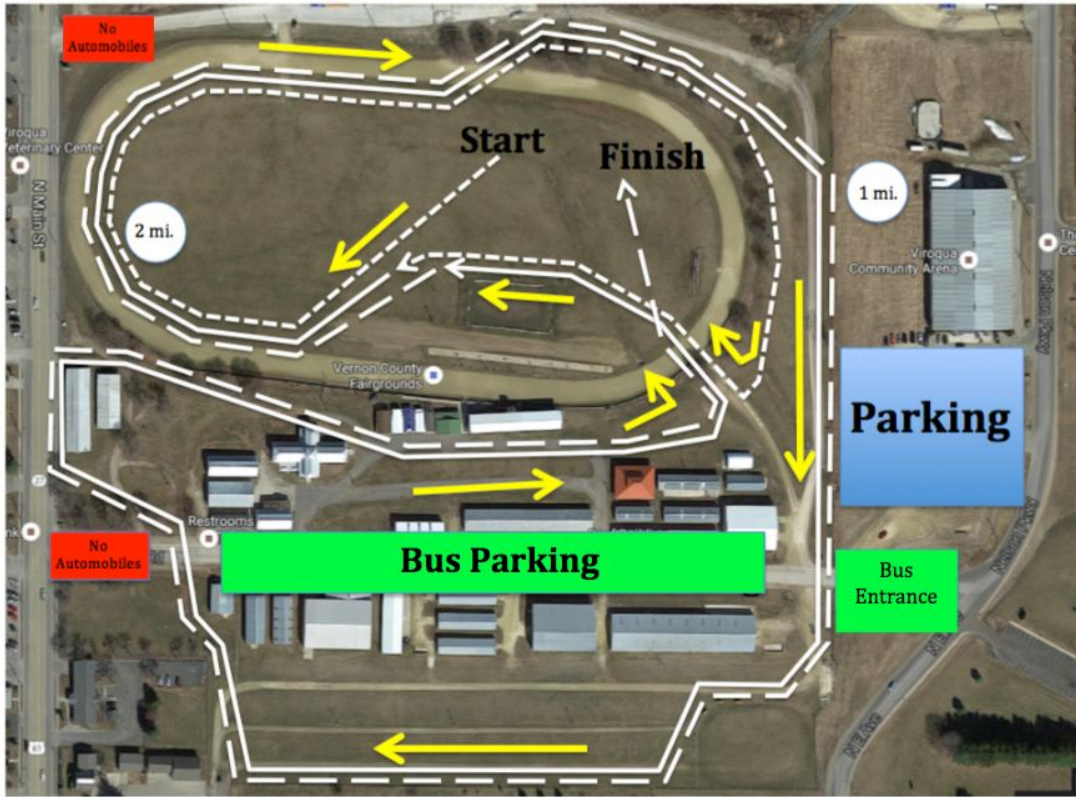
1. Left on Fairlane Drive (Cty BB) at Kwik Trip
2. Right on Nelson Parkway
3. Turn right onto Fairgrounds Road.
4. BUSES ONLY will be allowed to park on Fairgrounds Road inbetween the buildings.
5. **\*\*\*Buses WILL NOT be allowed to enter the fairgrounds on the north end of the track near the cement plant.**
6. **\*\*\*No parking on the track!**

## From the South (Main Street, HWY 14):

1. Right on Fairview Drive
2. Left on NE Ave (turns into Nelson Parkway)
3. Turn left onto Fairgrounds Road.
4. BUSES ONLY will be allowed to park on Fairgrounds Road inbetween the buildings.
5. **\*\*\*Buses WILL NOT be allowed to enter the fairgrounds on the north end of the track near the cement plant.**
6. **\*\*\*No parking on the track!**



# Viroqua 5k Course- Vernon County Fairgrounds



Lap 1 - - - - - Lap 2 ————— Lap 3 - - - - -

# **2020 Coulee Conference**

## **Cross Country Meet Rules**

**Departure Protocol** - Each school is required to screen their athletes prior to departure from their school.

- a. Any athlete with a 100.4 temperature will be required to stay home.
- b. Any athlete with any of the following symptoms will be required to stay home.
  - i. Fever Of 100.4, Cough, Sore Throat, Shortness of breath, Close Contact or cared for someone with COVID-19

**Arrival at the Race Venue** - Your team will immediately go directly to their camp.

**Masks** - Masks will be required by anyone on site. Athletes will be allowed to remove their masks for their warm-up, cool down and for their race. Masks must be worn until the 100 m mark of the race. Other than that, masks **MUST** be worn at all times.

**Athlete Rules** - Teams will have their own camp/team area. Runners must stay in their team area until they warm up and compete. Immediately after their race and cool down the runners must report back to their team camps - no lingering around the finish area or the venue.

**Competition Modifications** - Due to the pandemic and to mitigate risk, the following race modifications are in place for only the 2020 XC season.

**Spectators** - will be allowed. They must adhere to the following rules:

- a. No gathering at the starting field. - Socially distanced no closer than 200m from the start line and 10m from the running lanes.
- b. Masks are required to be worn while at the race venue
- c. Social Distancing is required throughout the race.
- d. No gathering at the finish line/chute area. Socially distanced no closer than 200m from the finish line and 10m from the running lanes.
- e. Spectators are not allowed in the team camp areas.
- f. Spectators are requested to depart upon the completion of their team or their child's race.

**Results** - The results will be compiled and either be available online or will be emailed to the coach by the host.

**Departure** - Teams are encouraged to depart when their athletes have completed competition.

\*Concessions: are not available, runners are encouraged to bring their own water and food.