

Ridge & Valley Cross Country: 2020 Conference Meet



Event Date: Tuesday, October 13th, 2020

Location: [54009 Falcon Lane Wauzeka, WI 53826](#). The course is located on HWY N, between Wauzeka and HWY 27.

Description: Our course takes runners alongside treelines, over fields, and past multiple treestands before coming to a challenging portion of the race that leads runners down (and UP) a trail through the woods with a sharp incline. A rugged, difficult course but with beautiful scenery and landscape.

Participating Teams:

- Belmont, Cassville, De Soto, Kickapoo/La Farge, North Crawford, River Ridge, Shullsburg, Wauzeka-Steuben

Bus Parking:

- Pull down the driveway, and park in the field on the left (see map); there will be a worker to assist with parking.

Schedule of Events:

3:00 PM	-	Course Opens
4:30 PM	-	Girls Varsity Race
5:15 PM	-	Boys Varsity Race
6:00 PM	-	Awards

Awards:

- The top 7 runners will be first team all-conference. 8th-14th place will be second team all-conference.
- 1st place teams will earn conference championship trophies.

Spectators:

- Please submit a list of spectators to AD Mitchell Cernek at cernemit@wauzeka.k12.wi.us by 12:00 PM on the date of the event.
- Per the Ridge & Valley Conference's spectator protocols:
 - Spectators are required to wear masks
 - Family groups need to distance from other family groups
 - All admission is free
 - No concessions
- To avoid crowds gathering, **no spectators will be allowed in the team campsites!** If a student-athlete wants to meet with a spectator, they must do so outside of the marked campsite locations.

Masks/Distancing:

- Masks are required at all times, by all in attendance (including coaches, managers, workers).
- Runners will be able to unmask approximately 150m into the race.
- Physical distancing should be maintained whenever possible.

Race Starts/Boxes:

- Teams will not get called to the start until 5 minutes before the race starts to minimize the amount of time athletes are in that area.
- There will be a gap or extra box between all the schools at the start and the boxes will be larger than normal.

Lane Assignments:

- Lanes were randomly selected (drawn from a hat) by league official Todd Camlek & hosting AD Mitchell Cernek.
 1. Wauzeka-Steuben
 2. De Soto
 3. Belmont
 4. Shullsburg
 5. Kickapoo/La Farge
 6. Cassville
 7. North Crawford
 8. River Ridge

Personal Items at Start:

- Any personal items brought to the starting line should be stored in a personal carrying bag.
- Items should not be commingled with other teammates' items.

Finish Line:

- After crossing the finish line, runners will return to their campsites promptly, to avoid congregating with opposing teams.
- Each team should have one coach/manager at the finish line to help assist their athletes as needed.

Restrooms:

- Porta-potties will be available near the tent sites/parking area.

Roster Entry:

- Entries will be completed through MileSplit at <https://wi.milesplit.com/>
- A direct link for entries will also be posted on AccuRace Timing's site at www accuracetiming.com
- Entry Deadline is set for **12:00 PM (noon) on Monday, October 12th.**

Questions:

- Ben Dums (Head Coach) at: dumsbenj@wauzeka.k12.wi.us
- Mitchell Cernek (AD) at: cernemit@wauzeka.k12.wi.us

*Thank you to Gerald and Mary Krachey and Lyle and Jeanne Enke
for allowing the Wauzeka-Steuben and the Ridge & Valley Conference
to use your property for this event!*