

**2012 WIAC Men's & Women's
Cross Country Championships
Information Manual**



CONFERENCE CHAMPIONSHIP SITE
Cole Acres Golf Course in Cuba City, WI



UNIVERSITY OF WISCONSIN PLATTEVILLE

Welcome to the 2012 WIAC Cross Country Championships.

On behalf of the University of Wisconsin-Platteville and WIAC Commissioner Gary Karner, congratulations on a great season and best of luck in the 2012 WIAC Cross Country Championships. It is our privilege to host this event in arguably the strongest conference in the nation and fully appreciate all the miles and effort you have put forth this season.



We look forward to hosting great competition on a course that will challenge you, both physically and mentally. I'd also like to extend a personal thanks to Coach Andres Young and Coach Tom Antczak for their tireless efforts to make this event a great championship for all of our WIAC teams.

Best of luck and hope you run a personal best.

Mark Molesworth
Director of Athletics
University of Wisconsin-Platteville

Championship Personnel

WIAC Commissioner

Gary Karner
(608) 263-4402, gkarner@uwsa.edu

WIAC Assistant Commissioner for Media Relations

Matt Stanek
(608) 265-6406, mstanek@uwsa.edu

UW-Platteville Director of Athletics & Co-Meet Director

Mark Molesworth, (608) 342-1567,
moleswom@uwplatt.edu

UW-Platteville Head CC Coach & Co-Meet Director

Tom Antczak, (608) 342-1504
antczak@uwplatt.edu

UW-Platteville Assistant Director of Athletics & Senior Women's Administrator

Deb Schulman
(608) 342-1255, schulman@uwplatt.edu

UW-Platteville Head Athletic Trainer

Scott Soja
(608) 342-1575, sojas@uwplatt.edu

UW-Platteville Sports Information Director

Danny Kambel
(608) 342-1574, kambeld@uwplatt.edu

UW-Platteville Assistant Cross Country Coach

Andres Young
608-342-1263, youngan@uwplatt.edu

Cole Acres Golf Course Management

Jay McQuade
608-744-2476

2012 WIAC Cross Country Championships

Hosted by UW-Platteville at Cole Acres Golf Course at 7617 County Road J Cuba City, WI 53807
Saturday, October 27th, 2012

- Race Info:** NOON – Men's 8K 1:00PM – Women's 6K
- Preliminary Entries:** Preliminary entries are due by 11:59PM on Friday, October 12th to ensure that our customized bibs are ready. Submit entries to Andres Young at youngan@uwplatt.edu. You may submit up to 18 names, if needed, but chips will only be provided for your designated final entries.
- Final Entries:** Final meet entries are due by NOON on Monday, October 22th. Submit your entries online at: <http://www.itiming.com>. You may enter up to 15 individuals, but only 12 are permitted to race.
- Course Information:** The Cole Acres Golf Course is comprised of gradual rolling hills on grass. The course will be double flagged in blue with a single line between flags. Each kilometer will be marked in blue and each mile (1609m, 3218m, 4827m and 6436m) will be marked in white. The clubhouse is off limits for athletes and spectators – please make appropriate arrangements (team tent, bus, etc.) in the event of inclement weather. Team camps can be set up east of the starting line.
- Meet Extras:** The meet website may be found at <http://www.wiacsports.com/>. Championship apparel will be available at the meet near the Start/Finish Line beginning at 10:30am on Saturday. The clubhouse is off limits to athletes and spectators. Concessions will be available outside the clubhouse. Meet photos will be available for purchase from the WIAC website after the meet.
- Port-A-Potties:** Spectator and separate athlete only port-a-potties will be located near the Start/Finish Line.
- Course Preview:** The course will be open for inspection on Friday, October 26th from 3:00PM-6:00PM, and on Saturday, October 27th beginning at 10:00AM.
- Race Packets:** Race packets will be available for pick-up on Friday and Saturday during the course preview. Timing chips will be attached to the back of each athlete's bib. **Athletes must not crumple their bibs as this may damage the timing chips.**
- Parking:** Teams may park in the clubhouse area. Limited spectator parking in the clubhouse area and additional parking north of the clubhouse parking lot is available for a fee of \$5/vehicle.
- Race Procedure:** Race countdown will be announced at 30 minutes, 10 minutes, 5 minutes, 2 minutes, and 1 minute. After 1 minute, The Starter (Steve Barr) has control and the gun may be fired at any time. Please note that athlete clerking will begin 15 minutes prior to each race.
- Box Assignments:** UW-Eau Claire - 3; UW-La Crosse - 1; UW-Oshkosh - 6; UW-Platteville - 9; UW-River Falls - 8; UW-Stevens Point - 2; UW-Stout - 5; UW-Superior - 4; UW-Whitewater - 7
- Awards:** Awards begin at 2:15PM at announcer's table at the clubhouse.
- Athletic Trainers:** UW-Platteville's Athletic Trainers will be at the course near the Start Line starting at 10:00AM.
- Meet Committee:** **Commissioner Gary Karner **UW-Platteville Athletic Director Mark Molesworth
**UW-Stout CC Coach Matt Schauf **Sport Chair Tom Antczak
- Showers:** Locker rooms facilities are located in the Williams Fieldhouse at the UW-Platteville campus.
- Directions:** Please visit: <http://athletics.uwplatt.edu/facilities/directions> for directions to the UW-Platteville campus and Cole Acres golf course.
- Golf Course Etiquette:** Please remind your staff, athletes, and spectators of the following items.
**Stay clear of Putting Greens & Tee Boxes. **No tampering with course markings. **Pets are not allowed.
**The use of Tobacco and Alcohol is prohibited. **Throwing of Frisbees and balls is prohibited at any time.
- Questions:** Send to Andres Young: youngan@uwplatt.edu, (608) 342-1263.

University of Wisconsin-Platteville Athletic Training

2012 WIAC Cross Country Championships

To Whom It May Concern:

The UW- Platteville Sports Medicine Staff would like to welcome you to the WIAC Cross Country Championships at Cole Acres Golf Course. The Sports Medicine Staff will be happy to assist you in any way possible.

We will provide an on-site Athletic Training facility that can be used for taping, evaluations, and first aid near the start/finish lines. This area will be staffed by the covering Certified Athletic Trainer from 10am until 30 min after completion of events.

The following will be provided to the teams on or near the course during competition:

Ice chest with ice bags and wrap.

Water and cups.

First aid supplies/emergency equipment.

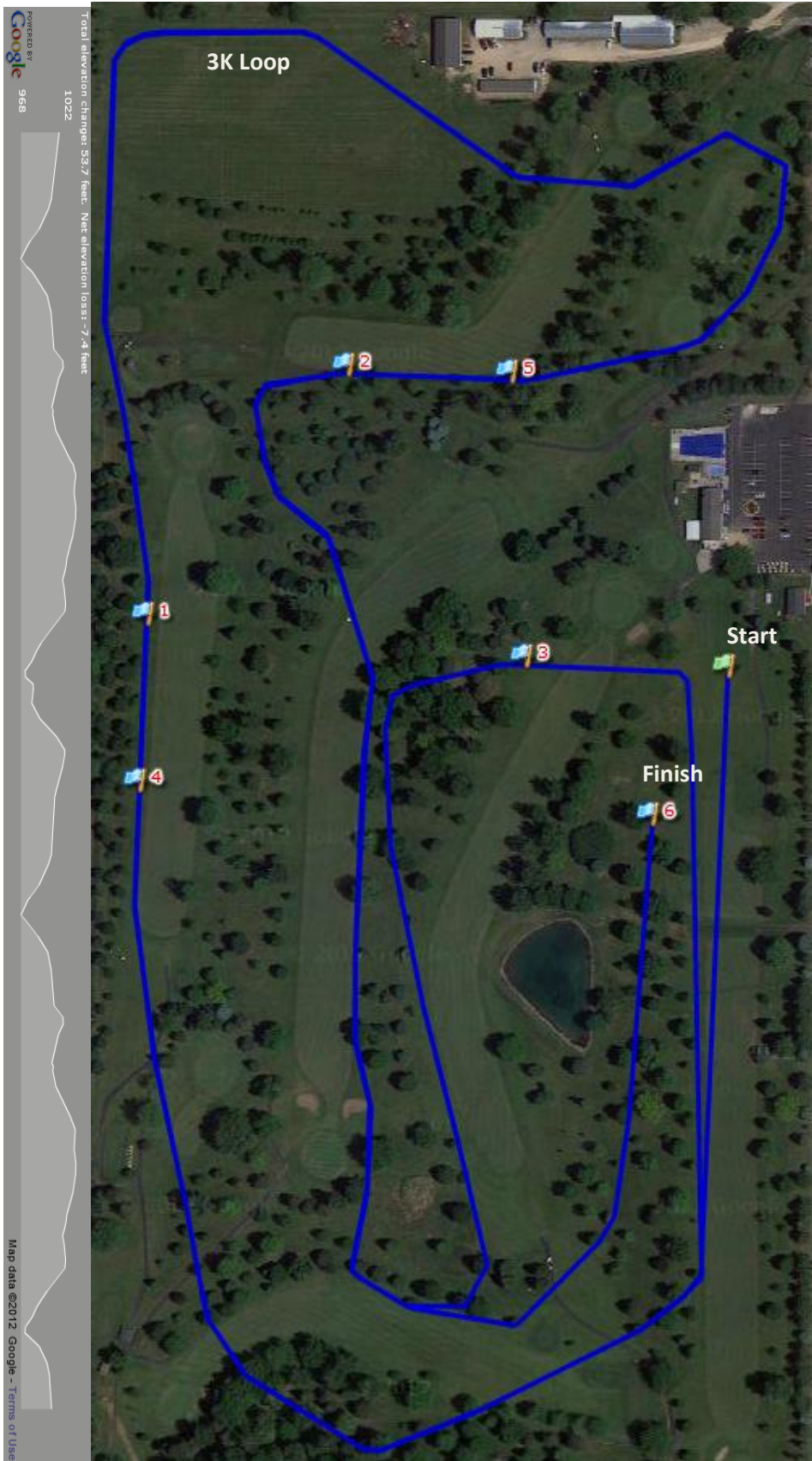
If you have special needs, please notify us prior your visit so we can do our best to accommodate you. Please send appropriate supplies with your teams for any taping needs. Please contact us with any concerns you may have or if we can help in any way.

Thank you,

Ryanne Breckenridge, MA, ATC, LAT
Assistant Athletic Trainer/Adjunct Lecturer
University of Wisconsin-Platteville
022 Williams Fieldhouse
1 University Plaza
Platteville, WI 53818
(608)342-6015
Fax (608)342-1576
breckenridgr@uwplatt.edu

Joe Frerichs, ATC, LAT
Graduate Assistant Athletic Trainer
University of Wisconsin-Platteville
022 Williams Fieldhouse
1 University Plaza
Platteville, WI 53818
(608)342-6015
frerichsj@uwplatt.edu

WIAC Cross Country Championship Course Maps



2012 WIAC
Cross Country
Championships

October 27, 2012

@Cole Acres Golf
Course

Cuba City, WI

Host: UW-Platteville

Men: Noon

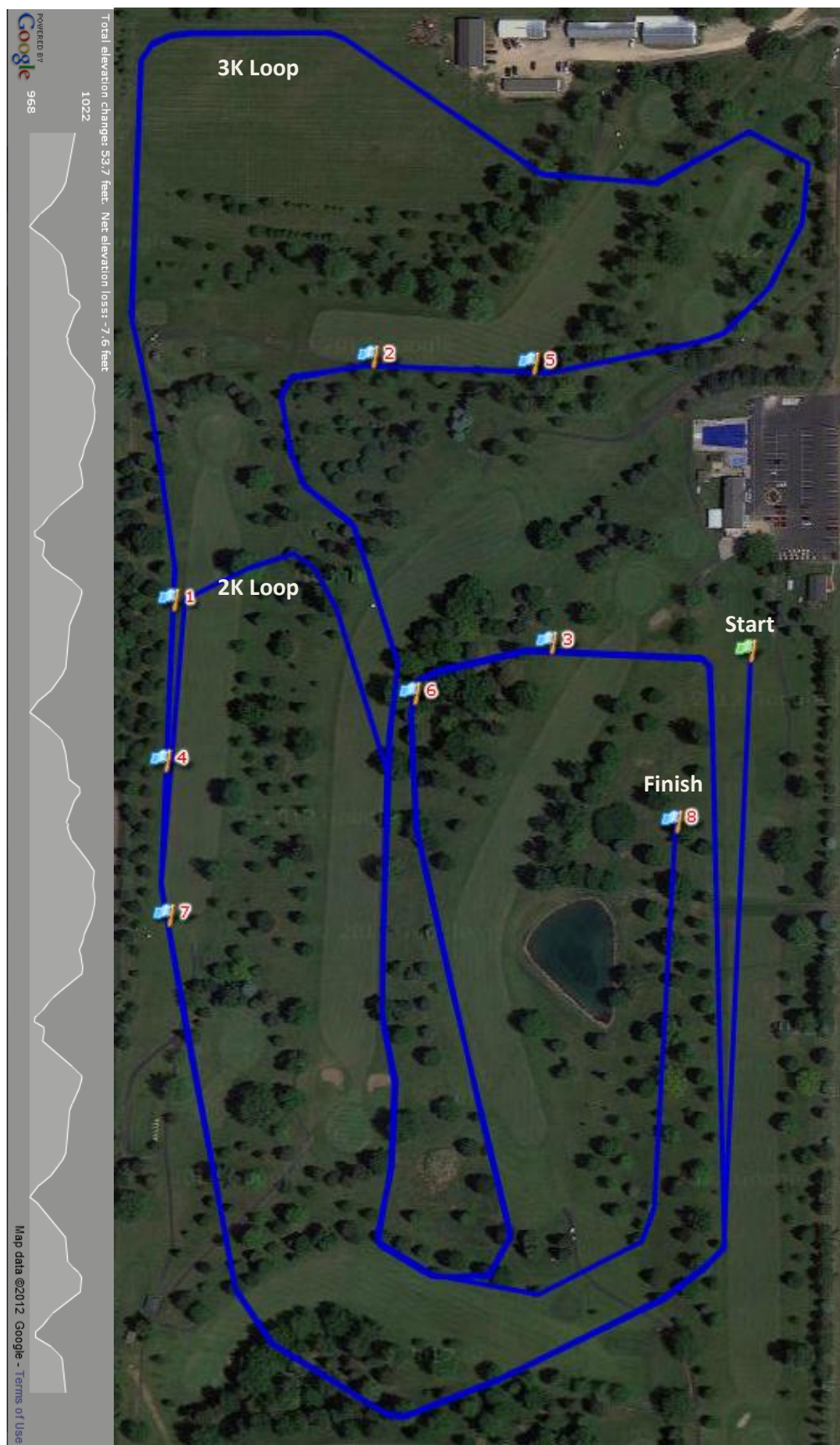
Women: 1pm

Womens 6k

3K Loop +

3K Loop w/ finish

WIAC Men's Cross Country Championship Course Map



2012 WIAC
Cross Country
Championships

October 27, 2012

@Cole Acres Golf
Course

Cuba City, WI

Host: UW-
Platteville

Men: Noon

Women: 1pm

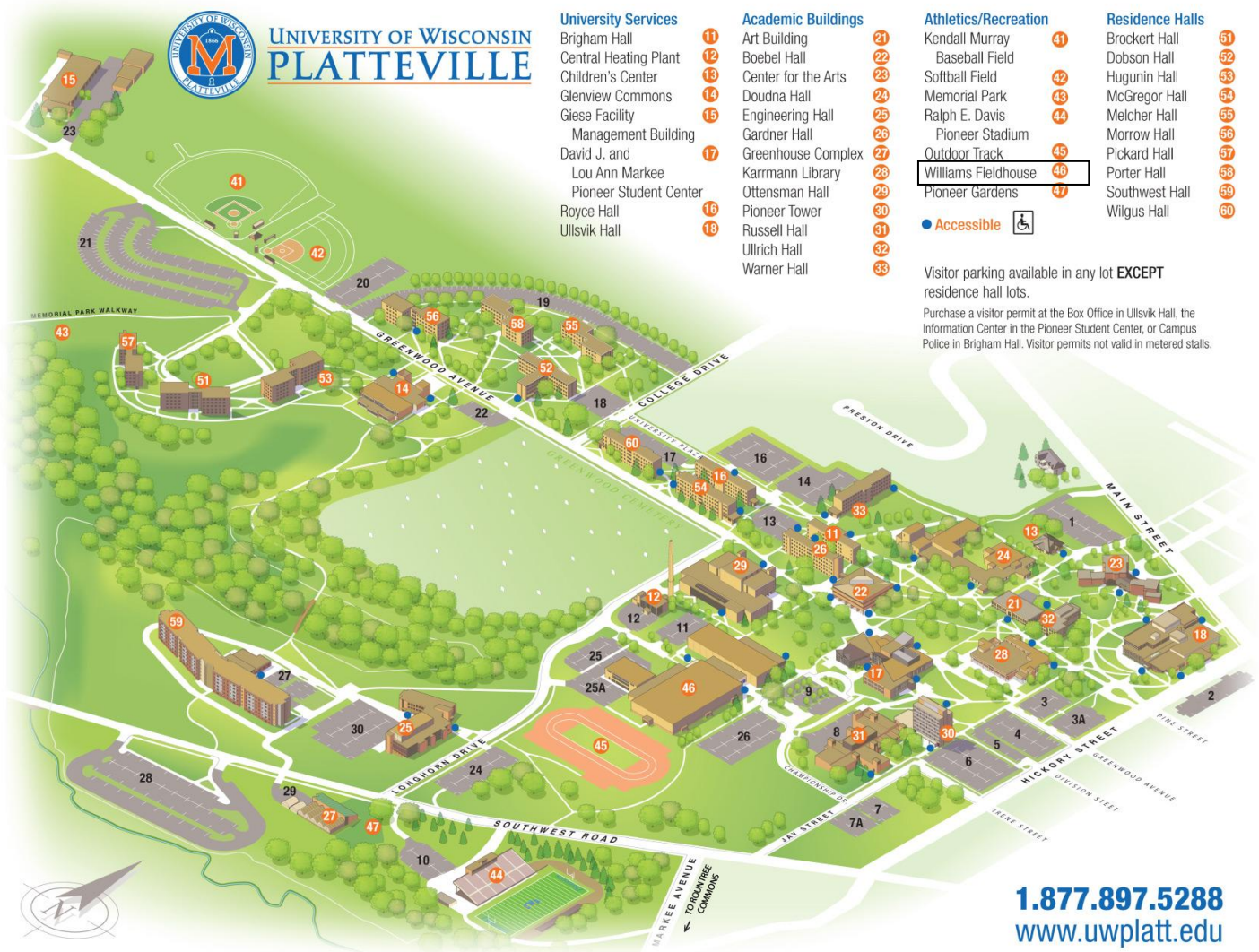
Mens 8k

3K Loop +

3K Loop +

2K Loop to finish

University of Wisconsin-Platteville Campus Map



Directions to Williams Fieldhouse from Cuba City, WI

- Take Hwy 80 north to Hwy 151
- Take Hwy 151 West to exit 18
- Take Exit 18 and turn right to follow Business Hwy 151
- In approximately a 1/2 mile, turn left onto S. Chestnut St./ Cty Rd. D
- At the roundabout, take the second exit to Markee Ave.
- At stop sign, turn right onto Southwest Rd.
- Take an immediate left onto Jay St.
- Take first left to enter parking lot of Williams Fieldhouse

Platteville's Hotels & Restaurants

FOOD: *(All of the following eating establishments are located in Platteville)*

Country Kitchen **

65 E Hwy 151

608-348-3041

Pizza Hut **

230 W Hwy 151

608-348-9731

Kentucky Fried Chicken

& **Taco Bell ****(Same building)

Hwy 151

608-348-9774

Quiznos **

220 S. Water St.

608-348-3871

Pizzeria Uno

115 W Hwy 151

608-348-7808

Taco John's

1465 E Hwy 151

608-348-5400

Los Amigos

135 East Main Street

608-348-6633

Steve's Pizza Palace

15 S 4th St.

608-348-3136

Culver's Frozen Custard

375 E Hwy 151

608-348-9993

China Buffet

455 E Hwy 151

608-348-3065

Domino's Pizza

490 E Hwy 151

608-348-3060

Dairy Queen **

110 E Hwy 151

608-348-8560

Rountree Restaurant

& Henry's Pub

300 W Hwy 151

608-348-3778

Subway

55 S Water St.

608-348-5050

Fax your order: 608-348-5051

Pizza Ranch

(salad bar & pizza/chicken buffet)

Hwy 151 (across from Walmart)

348-2992

Ed's Café

115 Hwy 151

608-348-8194

Milio's Subs **

90 E Mineral St.

608-348-3450

McDonald's

250 W Hwy 151

608-348-6800

**** Establishments are Corporate Sponsors of the UW-Platteville Athletic Dept.**

LODGING:

Governor Dodge	Best Western-Welcome Inn	Best Western
300 W Hwy 151	420 W Maple	3434 Dodge St.
Platteville WI	Lancaster, WI	Dubuque, IA
608-348-2301	608-723-4162	563-556-7760

Super 8 Motel **	Super 8 Motel	Days Inn
Hwy 151-80-81	2730 Dodge St.	1111 Dodge St.
Platteville, WI	Dubuque, IA	Dubuque, IA
608-348-8800	563-582-8898	563-583-3297

Mound View Inn **	Fairfield Inn	Heartland Inn
1755 E Hwy 151	3400 Dodge St.	2090 Southpark Ct.
Platteville, WI	Dubuque, IA	Dubuque, IA
608-348-9518	563-588-2349	563-556-6555

Country Inn	Motel 6
630 S Water St.	2670 Dodge St.
Platteville, WI	Dubuque, IA
608-348-7373	563-556-0880

Lancaster, WI is 15 miles west of Platteville on Hwy 81.

Dubuque, IA is 25 miles southwest of Platteville on Hwy 151.

**** Establishments are Corporate Sponsors of the UW-Platteville Athletic Dept.**

Feel free to contact Andres Young at youngan@uwplatt.edu with questions regarding Platteville's hotels and restaurants.