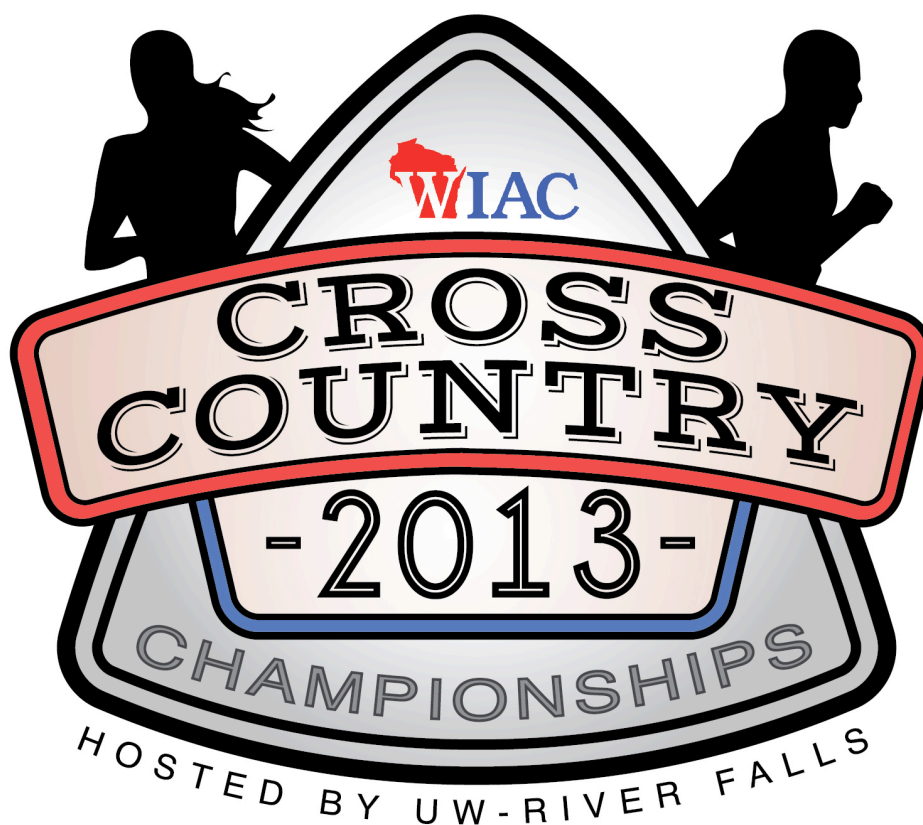


2013 Wisconsin Intercollegiate Athletic Conference

Men's and Women's Cross Country Championships



Participant Manual

Hosted By:

University of Wisconsin - River Falls

**Kilkarney Hills Golf Course
River Falls, WI**

Welcome to the WIAC Cross Country Championships

On behalf of Chancellor Dean Van Galen, WIAC Commissioner Dr. Gary Karner and the students, faculty and staff at the University of Wisconsin-River Falls, we welcome you to the “Western Edge” of Wisconsin. It is a genuine privilege to host the 2013 WIAC Cross-Country Championships.



Congratulations to each institution, participant and coach on a great season. Your loyalty, hard work and dedication are vital components that make the WIAC the Conference of Champions. As the proud host this year's Championship event we wish each of you the best of success.

Yours in sport-

Roger Ternes
Director of Athletics

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-River Falls Director of Athletics	Roger Ternes (715) 425-3246, roger.ternes@uwrf.edu
UW-River Falls Meet Director & Co-Head Cross Country	Matthew Cole (715) 425-0714, matthew.cole@uwrf.edu
UW-River Falls Assistant Director of Athletics & Senior Women's Administrator	Crystal Lanning (715) 425-0665, crystal.lanning@uwrf.edu
UW-River Falls Head Athletic Trainer	Gary Eloranta (715) 425-3130, gary.eloranta@uwrf.edu
UW-River Falls Sports Information Director	Jim Thies (715) 425-3846, james.g.thies@uwrf.edu
UW-River Falls Co-Head Cross Country Coach	Scott Sekelsky (715) 425-4280, scott.sekelsky@gmail.com
Kilkarney Hills Golf Course Management	Travis Funk (715) 425-8501, www.KilkarneyHills.com

2013 CHAMPIONSHIP COMMITTEE

WIAC Commissioner: Gary Karner
UW-River Falls Athletic Director: Roger Ternes
UW-Platteville Cross Country Coach: Tom Antczak
WIAC Cross Country Sports Chair: Matthew Cole

2013 WIAC CROSS COUNTRY CHAMPIONSHIPS

MEET INFORMATION

- Meet Date:** Saturday, November 2nd, 2013
- Race Times:** 12:00pm - **Women's 6k** 1:00pm - **Men's 8k**
- Entires:** Please enter your team of up to 15 at PT Timing by Noon on Monday, Oct. 28th.
Note: You will be limited to 12 competitors for the race.
- Timing:** PT Timing will be using a Shoe Chip system & FinishLynx/IdentiLynx.
- Course:** Kilkarney Hills Golf Course is a well kept course that is relatively flat. It will be marked with a double white line. All Mile and K's will be posted.
Location: 163 Radio Rd, River Falls, WI 54022
Caution: Radio Rd is Closed at WI-35. Alternate route is attached
- Course Preview:** The course will be open for inspection on Friday, Nov. 1st from 3:00pm to 6:00pm. The course will also become available on Saturday, Nov. 2nd starting at 10:00am.
- Packet Pick-Up:** Championship meet packets can be picked up at the finish line beginning at 3:00pm on Friday, Nov. 1st. Chip packets will be available Saturday, Nov. 2nd at 10:00am near the Finish line.
- Parking:** Bus and Van parking will be available in the lot atop the entrance hill on the right. **Parking passes will be in your championship packet for Saturday.**
- Box Assignments:** #1 - UW-Stevens Point, #2 - UW-La Crosse, #3 - UW-River Falls, #4 - UW-Whitewater, #5 - UW-Eau Claire, #6 - UW-Stout, #7 - UW-Oshkosh, #8 - UW-Superior, #9 - UW-Platteville
- Each box will have a bin for competitors gear. Bins will be moved to the finish line after the start of each race.
- Start Procedures:** Starting procedures will follow the NCAA rule book. The first gun will fire signaling 30 minutes to the start. A second gun will fire signaling 20 minutes to the start and the beginning of the clerking procedures. A third gun will fire signaling 10 minutes to start. The starter will give his final instructions with 5 minutes to start. If anyone is to fall due to contact within the first 100 meters, the starter will fire the gun and will restart the race.
- Awards:** Awards ceremony will take place at 2:00pm on the westside of the clubhouse.
- Showers:** Showers will be available in the Knowles Center on the campus of UW-River Falls. Directions to the Knowles Center are attached.
- Training Staff:** UW-River Falls Training staff will be on site Friday and Saturday. Friday - 3:00pm to 6:00pm, Saturday - 10:00am to :30 post Men's race. Please bring own supplies.
- Meet Results:** Result will be posted adjacent to the finish line and will be available online at www.WIACsports.com and www.UWRFsports.com

2013 WIAC CROSS COUNTRY CHAMPIONSHIPS CHAMPIONSHIP TIME SCHEDULE

Friday, November 1st, 2013:

- 3:00pm: Championship course is open for inspection and packet pickup begins
6:00pm: Championship course is closed and packet pickup ends

Saturday, November 2nd, 2013:

- 10:00am: Championship course is open for inspection and packet pickup begins

Women's 6k Race Schedule

- 11:30am: **First Gun Fired** (30 minutes to start)
11:35am: National Anthem
11:40am: **Second Gun Fired** (20 minutes to start)
Women's competitors report to assigned boxes.
Begin clerking procedure
11:50am: **Third Gun Fired** (10 minutes to start)
11:55am: Starter gives final instructions to competitors
Noon: **Women's 6,000 Meter Championship Race**

Men's 8k Race Schedule

- 12:30pm: **First Gun Fired** (30 minutes to start)
12:40pm: **Second Gun Fired** (20 minutes to start)
Men's competitors report to assigned boxes.
Begin clerking procedure
12:50pm: **Third Gun Fired** (10 minutes to start)
12:55pm: Starter gives final instructions to competitors
1:00pm: **Men's 8,000 Meter Championship Race**
2:00pm: **Awards Ceremony**

Women's Box Assignments:

- #1 - Stevens Point
- #2 - La Crosse
- #3 - River Falls
- #4 - Whitewater
- #5 - Eau Claire
- #6 - Stout
- #7 - Oshkosh
- #8 - Superior
- #9 - Platteville

Men's Box Assignments:

- #1 - Stevens Point
- #2 - La Crosse
- #3 - River Falls
- #4 - Whitewater
- #5 - Eau Claire
- #6 - Stout
- #7 - Oshkosh
- #8 - Superior
- #9 - Platteville

RIVER FALLS LODGING AND DINING

River Falls Lodging

Riverview Hotel & Suites	715-425-1045
Econo Lodge	715-425-8388
Country Inn River Falls	866-860-7916
The Servant Quarters Bed & Breakfast	715-425-8333
Kinni Creek Lodge & Outfitters	715-425-7378
Kinni Cabin, LLC	715-441-2420

River Falls Restaurants

Bo's 'N Mine	715-425-9064
Burger King	715-426-6487
China Moon	715-426-0333
Copper Kettle	715-425-2003
Dairy Queen	715-425-9917
Family Restaurant	715-425-9440
Jimmy John's	715-425-6222
Junior's Bar and Grill	715-425-1045
Mainstreeter Bar & Grill	715-425-2202
Mariachi Loco	715-425-8335
McDonald's	715-483-5130
Perkins	715-425-6146
Song Garden Chinese Buffet	715-425-5822
South Fork Café	715-425-2575
Subway – 201 N Main	715-425-7522
Subway - 1583 Paulson Road	715-426-2544
West Wind Supper Club	715-425-8100

River Falls Pizza

Carbone's Pizzeria	715-426-7847
Domino's Pizza	715-425-5306
Luigi's Pizza	715-425-0111
Pizza Hut	715-425-8172
Pizza Man	715-425-9161
Steve's Pizza	715-425-8284

**UNIVERSITY OF WISCONSIN - RIVER FALLS
ATHLETIC TRAINING**

To Whom It May Concern:

The UW-River Falls Sports Medicine staff would like to welcome you to the WIAC Cross Country Championships at Kilkarney Hill Golf Course. The Sports Medicine staff will be glad to assist you in any way possible.

Our staff will provide an on-site athletic training area that will be used for taping, wrapping, evaluations and first aid. This site location will be adjacent to the finish line only. This site will be staffed by our covering certified Athletic Trainer both days. We will have water stations next to the start line and in the team camp areas on race day.

The following items will be provided to all teams throughout the championship weekend.

ICE BAGS

WATER AND CUPS

FIRST AID SUPPLIES / EMERGENCY EQUIPMENT

If you have individuals that require special needs, please notify us prior to your visit. We will do our best to accommodate those individuals. Also, please bring appropriate supplies for any taping needs. Please feel free to contact us with any concerns you may have or if we can help in any way.

Thank you,

Gary Eloranta
Head Athletic Trainer
O: (715) 425-3130
gary.eloranta@uwrf.edu

Crystal Lanning
Assistant Athletic Trainer
O: (715) 425-0665
crystal.lanning@uwrf.edu

River Falls Area Hospital
1629 E. Division Street
River Falls, WI 54022
(715) 425-6155

2013 WIAC CHAMPIONSHIPS



Kilkarney Hills Facility Layout





2013 WIAC CHAMPIONSHIP

Women's 6k Course



6,000m Race - Complete two 2k Loops (Start through 2k), begin a third loop, enter the finish finger to the Finish Line.



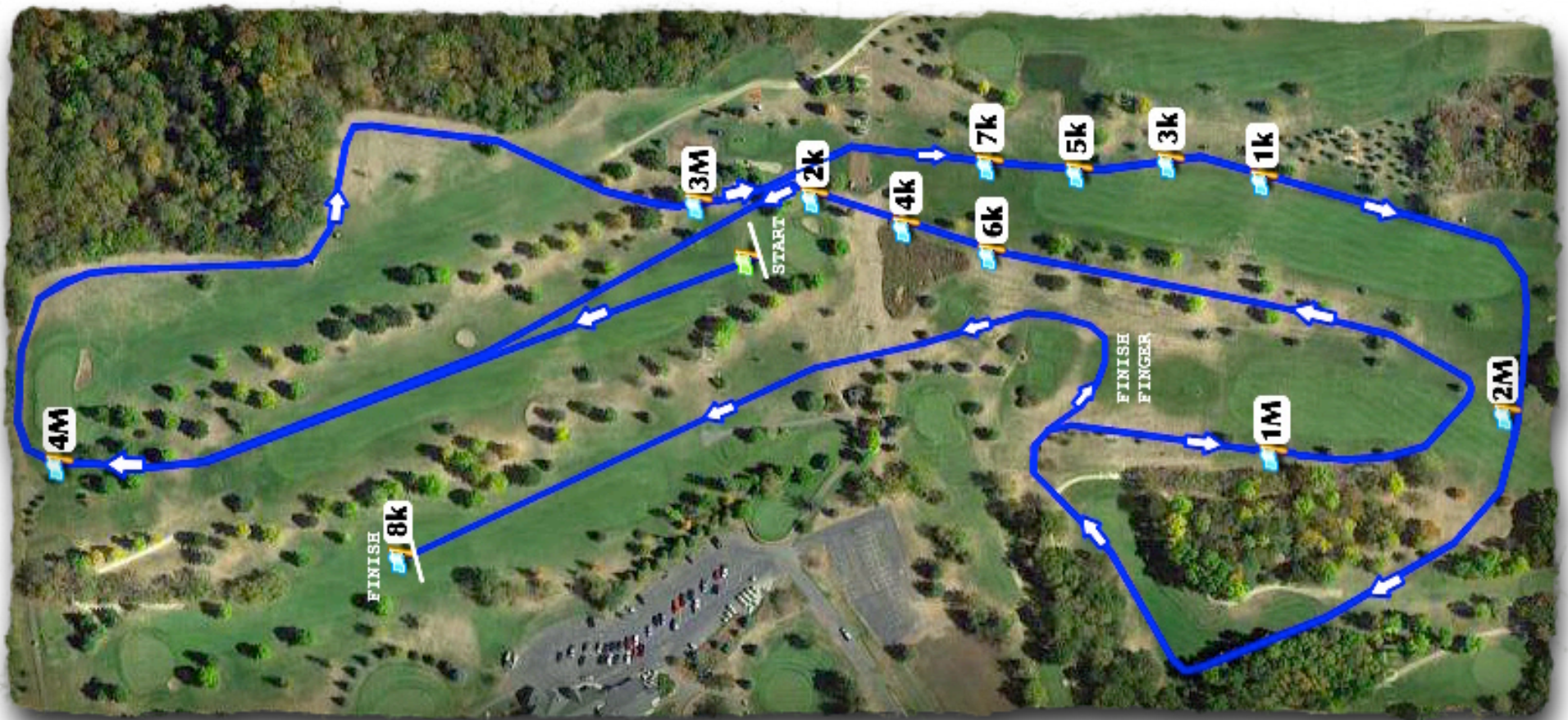
2013 WIAC CHAMPIONSHIP



Men's 8k Course



8,000m Race - Complete three 2k Loops (Start through 2k), begin a fourth loop, enter the finish finger to the Finish Line.





UNIVERSITY OF WISCONSIN

River Falls



Kilkarney Hills Golf Course Driving Directions

West & East Bound:

I-94 W / I-94 E

- Take Exit 3 WI-35 (travel 7 miles)
- Turn Right onto Whitetail Blvd.
- Turn Right onto Paulson Rd. (travel .7 mile)
- Continue onto Radio Rd. (travel .5 mile)
- Kilkarney Hills Golf Course will be on your Left.

South Bound:

WI-35 N / WI-65 N

- Turn Left onto Whitetail Blvd. (travel 1 mile)
- Turn Right onto Paulson Rd. (travel .7 mile)
- Continue onto Radio Rd. (travel .5 mile)
- Kilkarney Hills Golf Course will be on your Left.



Kilkarney Hills Golf Course:

163 Radio Rd
River Falls, WI 54022



UNIVERSITY OF WISCONSIN

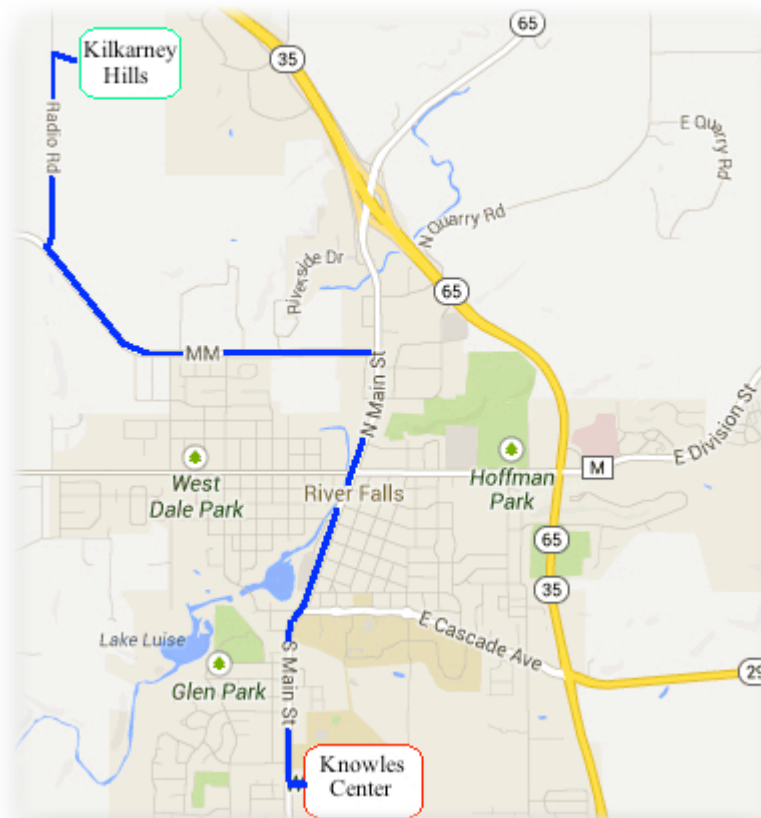
River Falls

UW-River Falls Knowles Center Driving Directions



Kilkarney Hills Golf Course:

- Exit Kilkarney Hills
- Turn Left onto Radio Rd. (travel .8 mile)
- Turn Left onto MM (travel 1.6 miles)
- Turn Right onto N Main St. (travel 1.1 miles)
- Continue passed UW-River Falls main campus (travel .6 mile)
- Knowles Center will be on your left



Knowles Center:
S Main Street
River Falls, WI 54022