

2014 Wisconsin Intercollegiate Athletic Conference

Men's and Women's Cross Country Championships



Participant Manual

Hosted By:
University of Wisconsin – La Crosse
Ettrick Golf Club
Ettrick, WI

Welcome to the WIAC Cross Country Championships

The University of Wisconsin-La Crosse is proud to host the 2014 WIAC Cross Country Championships. Our university, staff, student-athletes, and community are excited to provide a first-class championship experience for the inspiring men and women competing across our conference -- among the best Division III cross country athletes in the country. Our goal is to provide a fun, safe, and enjoyable experience for all competitors.

An important part of our championship experience is our venue, Ettrick Golf Club. We are excited to host the championships at this new venue in Ettrick, Wisconsin. The Ettrick Golf Club is the new cross country venue for the University of Wisconsin – La Crosse. Nestled in the Coulee Region, the Ettrick Golf Club opened in 1978. The venue provides spectacular views and a first class experience for all student-athletes.

We would not be able to host this championship event without tremendous support from our community and, in particular, from our corporate partners. Please make an effort to use their services while you are here. For your reference, a listing of local restaurants and hotels is included on the final page of this meet packet.

If there is anything our staff can do to make your visit to La Crosse more enjoyable, please be sure to let us know.

Good luck to all the competitors!



Kim Blum
Interim Director of Athletics



Meet Management Directory

WIAC Commissioner

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Assistant Athletic Trainer

Kari Emineth, ATC

Cell: 608-785-6532

kemineth@uwlax.edu

2014 WIAC Cross Country Championships Meet Information

| | |
|--------------------------|--|
| Site: | Ettrick Golf Club (22952 Fairway Ave., Ettrick WI, 54627) |
| Date: | Saturday, November 1 st , 2014 |
| Men's Race: | 12pm start. All athletes must report to the starting line 10 minutes prior to the start. |
| Women's Race: | 1pm start. All athletes must report to the starting line 10 minutes prior to the start. |
| Entries: | You will be limited to 12 competitors for the race. |
| Online Entries: | Entries must be submitted online at www.pttiming.com ENTRIES OPEN: 12:00pm CST on Monday, October 20 th ENTRIES CLOSE: 12:00pm CST on Monday, October 27 th |
| Box Assignments: | #1- UW-Platteville, #2- UW-Superior, #3- UW-Stevens Point, #4- UW-La Crosse, #5- UW-River Falls, #6- UW-Oshkosh, #7- UW-Whitewater, #8- UW Eau Claire, #9 UW-Stout -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 procedure. A third gun will fire signaling 10 minutes to start. The starter will give his finals 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. |
| Results: | Results will be available following the races at chip drop off. Results will also be posted online at www.uwlathletics.com , www.pttiming.com & www.wiacsports.com |
| Awards: | Will be at 2pm, outside of the clubhouse under the WIAC tent. |
| Timing: | Chip technology will be utilized as the primary timing and scoring system for this meet. |
| Chip Info: | Chips will be distributed at check-in at Ettrick Golf Club starting at 10am on Saturday, November 1 st . Chips must be returned. A \$50 per chip fee will be assessed for each chip that is not returned. |
| Packet Pick-Up: | Pick-up will occur in the basement of the Ettrick club house Friday, October, 31 st from 4-6pm and Saturday, November 1 st beginning at 10am. |
| Warm Ups: | The course will be open to warm-up after the frost is off of the grass on race day, approx. 10:00am. Please instruct your athletes to STAY OFF THE GREENS& TEES. |



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|-----------------------------------|--|--------------|--|
| Course Inspection: | Inspection will be allowed on Friday from 4pm-6pm. Please check-in at the club house prior to inspection. The course will be available for inspection on Saturday starting at 10am. | | |
| Toilet Facilities: | Port-o-potties will be available near the starting line. Please instruct your athletes NOT to use the facilities in the clubhouse. | | |
| Bus Parking: | Bus parking will be available at the course in a designated bus parking area. Please see the bust parking instructions & map. BUSES WILL NOT BE ALLOWED TO DROP ATHLETES OFF AT THE MEET SITE. All buses will be immediately directed to the bus parking lot, there is no space to turn buses around by the club house. | | |
| Team Parking: | Team van parking will be available at the course. Teams MUST display their parking permit upon arrival. Please see the spectator parking instructions for team van parking instructions & map. To request a parking pass please email Emily Schweitz at eschweitz@uwlax.edu | | |
| Spectator Parking: | Spectator parking is \$10.00/vehicle. Please see the spectator parking instructions. | | |
| Trainers: | UW-La Crosse will provide certified Athletic Trainers for the meet. | | |
| More Information: | For more information, please contact Assistant Meet Director, Emily Schweitz at eschweitz@uwlax.edu | | |
| Helpful Links: | <p>For driving directions to Ettrick Golf Course, click here.</p> <p>For driving directions to UW-La Crosse, click here.</p> <p>For a copy of the UW-La Crosse campus map, click here.</p> <p>Lodging & restaurants, please visit the UW-La Crosse Athletics Visitors Guide, click here.</p> | | |
| Showers/ Locker Rooms: | Shower and locker room facilities are NOT available at the course. Participants can shower at Mitchell Hall, UW-La Crosse campus, following the race. Mitchell Hall is approx. 35 minutes south of Ettrick. | | |
| Animals: | Dogs, cats, and other pets (with the exception of licensed service animals) are prohibited on the site of all WIAC championships and postseason tournament (regardless of whether the event is conducted on-or off-campus) | | |
| Questions: | <u>Contact</u> | | |
| | Erin Thacker: Meet Director | 608-785-5223 | ethacker@uwlax.edu |
| | Emily Schweitz: Asst. Meet Director | 608-785-8615 | eschweitz@uwlax.edu |
| | Derek Stanley: Head Coach | 608-785-8185 | dstanley@uwlax.edu |
| | Dave Johnson: Sports Information | 608-785-8493 | djohnson@uwlax.edu |



2014 WIAC Cross Country Championships Championship Time Schedule

Friday, October 31st, 2014

- 4:00pm: Championship course is open for inspection and packet pick-up begins
6:00pm: Championship course is closed and packet pickup ends

Saturday, November 1st, 2014

- 10:00am Championship course is open for inspection
Packet pick-up & chip distribution begins

Men's 8k Race Schedule

- 11:30am: **First Gun Fired** (30 minutes to start)
11:35am: National Anthem
11:40am: Second Gun Fired (20 minutes to start)
Men'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
12:00pm: **Men's 8,000 Meter Championship Race**

Women's 6k Race Schedule

- 12:30am: **First Gun Fired** (30 minutes to start)
12:40am: **Second Gun Fired** (20 minutes to start)
Women's competitors report to assigned boxes
Begin clerking procedure
12:50am: **Third Gun Fired** (10 minutes to start)
12:55am: Starter gives final instructions to competitors
1:00pm: **Women's 6,000 Meter Championship Race**

2:00pm: Awards Ceremony



2014 WIAC Cross Country Championships Box Assignments

Men's Box Assignments:

- 1. Platteville**
- 2. Superior**
- 3. Steven's Point**
- 4. La Crosse**
- 5. River Falls**
- 6. Oshkosh**
- 7. Whitewater**
- 8. Eau Claire**
- 9. Stout**

Women's Box Assignments:

- 1. Platteville**
- 2. Superior**
- 3. Steven's Point**
- 4. La Crosse**
- 5. River Falls**
- 6. Oshkosh**
- 7. Whitewater**
- 8. Eau Claire**
- 9. Stout**

Athletic Training Services

Memo

To: Participants of the 2014 WIAC Cross Country Meet

Fm: Joel Luedke, MSe. ATC
Director of Athletic Training Services

Re: Athletic Training Services

The Athletic Training Staff at the University of Wisconsin-La Crosse would like to congratulate all of the qualifying participants for the 2014 WIAC Men's and Women's Cross Country Championships hosted in La Crosse, WI. We welcome you to our majestic campus and our genuine hospitality. Below are the details for our services that will be provided over the weekend.

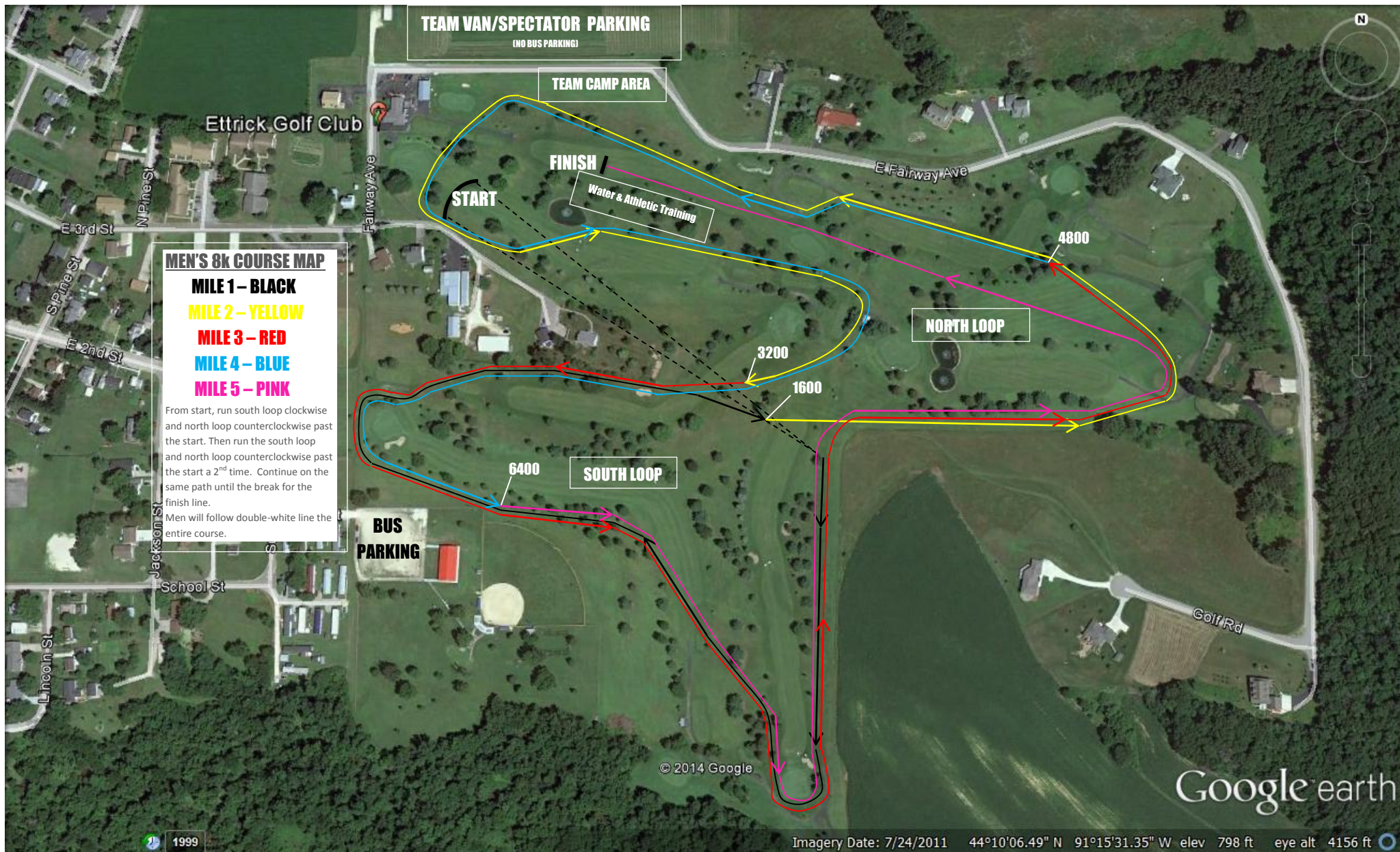
The main treatment area is located by this finish line at Ettrick Golf Club in Ettrick, WI. Amenities there include tables, first aid supplies, and ice bags. This facility will be staffed by both certified athletic trainers and students for the event. The athletic training staff will be unable to provide any massage therapy or stretching of any kind before, during or after the meet. For any specific cases please see contact person below.

A physician will be on-call but not on-site for the competition. If any emergencies arise, we will have EMS on site with direct route to two hospitals in La Crosse within 35 minutes.

If your team is traveling without an athletic trainer(s), please provide the necessary supplies and documentation. A letter from a MD or athletic trainer detailing treatment parameters will be needed for any modalities other than hot packs and ice related treatments.

Please feel free to contact Joel Luedke regarding any questions or special accommodations. She can be reached at 608-785-6542 or at jluedke@uwlax.edu.

Best of luck to everyone.

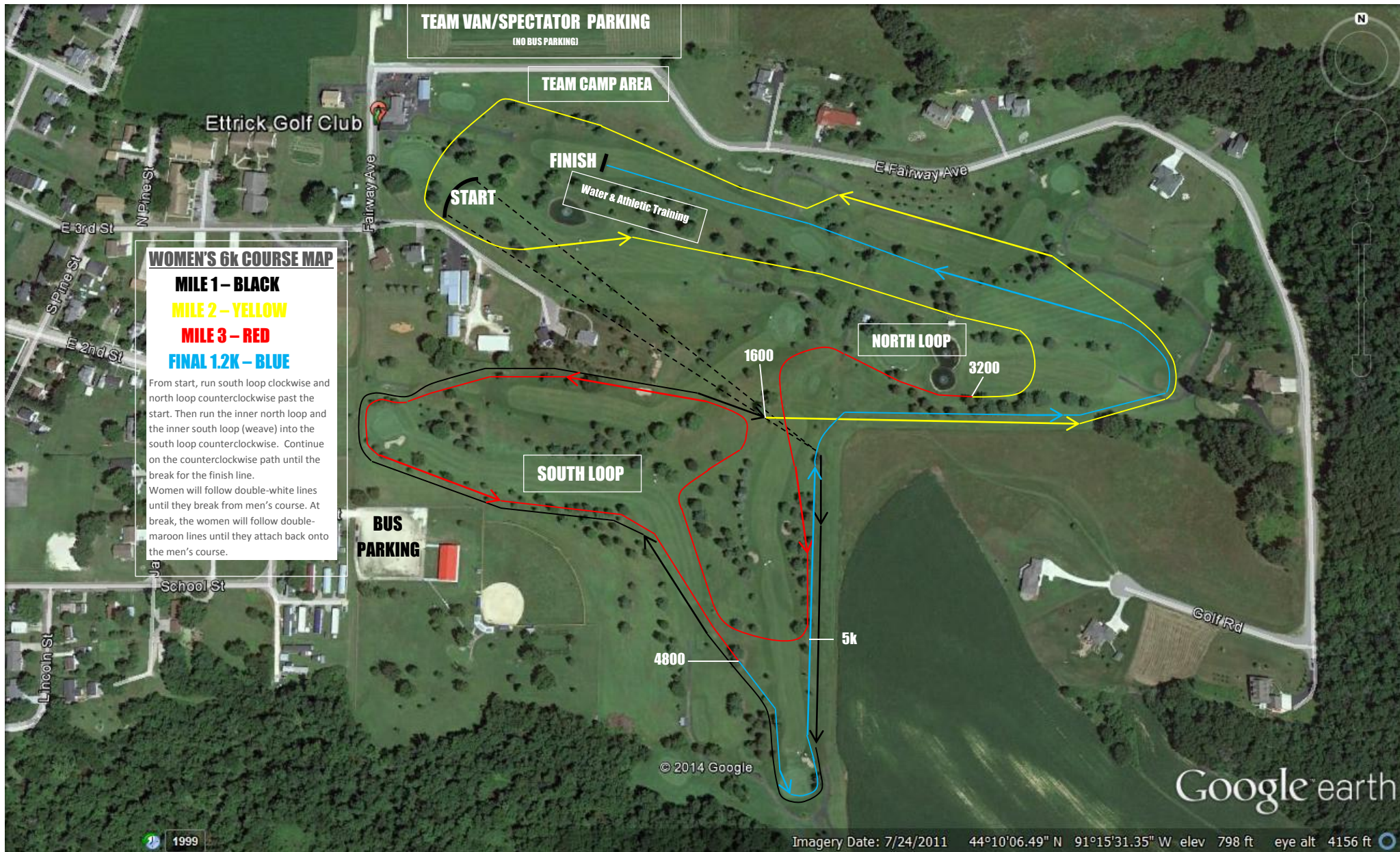


UPDATED 10/16/14



MEN'S WIAC CHAMPIONSHIPS- ETTRICK GOLF CLUB





UPDATED 10/16/14

WOMEN'S WIAAC CHAMPIONSHIPS – ETTRICK GOLF CLUB

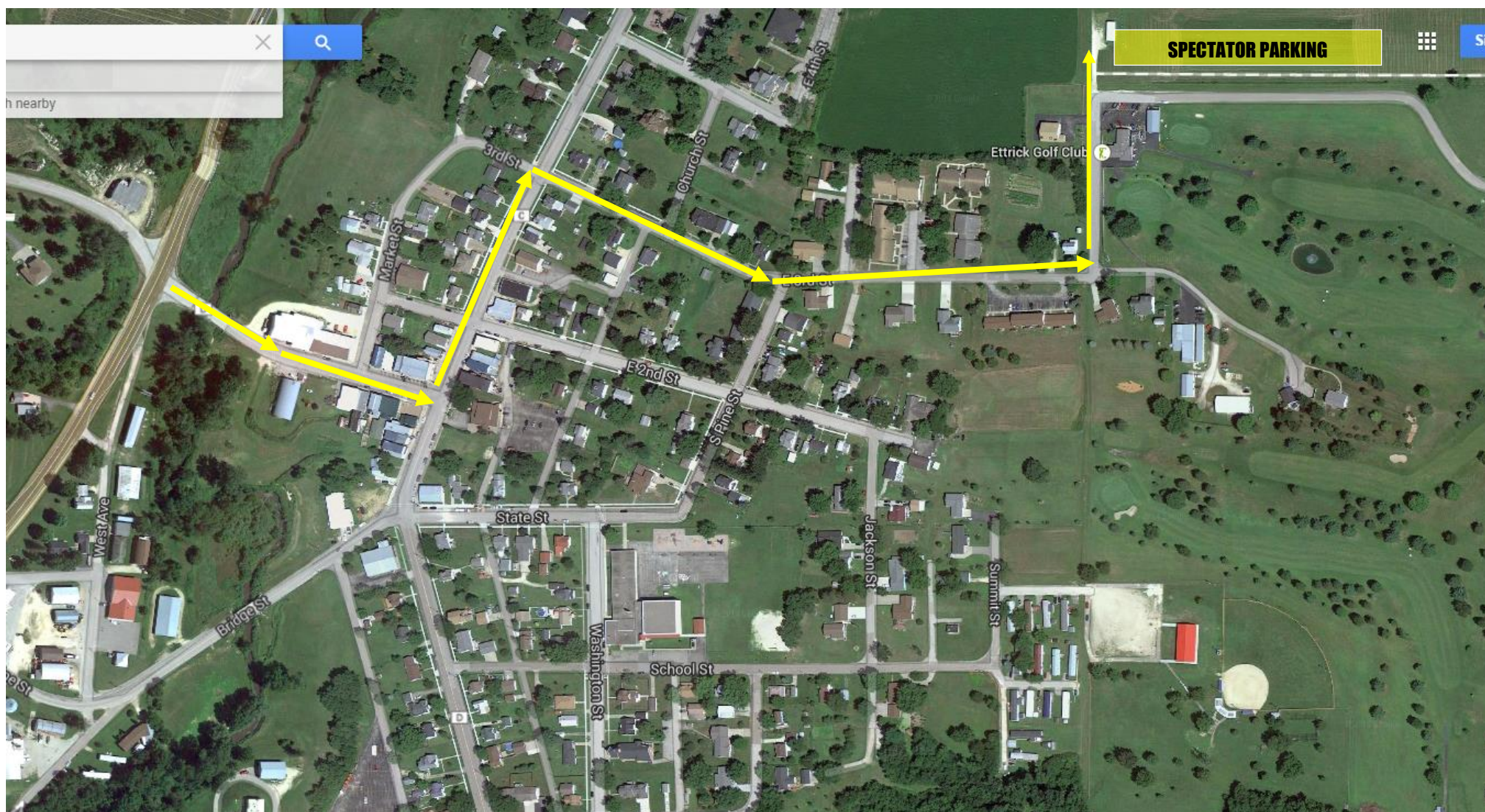




BUS PARKING – ETTRICK GOLF CLUB



From Hwy. 53 NORTH, turn EAST onto Hwy. D. From Hwy. 53 SOUTH, turn East onto Bridge St. Turn SOUTH onto Hwy. C. Turn EAST onto School St. Turn NORTH onto Summit St. Turn EAST onto Park St. Bus parking in County Park parking lot.



SPECTATOR PARKING – ETTRICK GOLF CLUB



From Hwy. 53, turn EAST onto Hwy. D to Ettrick. Turn NORTH onto Hwy. C. Turn EAST onto 3RD Street. Turn NORTH onto Fairway Drive.

UNIVERSITY OF WISCONSIN-LA CROSSE

Preferred Restaurants



103 3rd Street
La Crosse, Wisconsin
(608) 519-2509
dublinsquarepub.com



1128 La Crosse Street
La Crosse, Wisconsin
(608) 784-7400
howiesonlacrosse.com



325 West Avenue
La Crosse, Wisconsin
(608) 788-8899
toppers.com

UNIVERSITY OF WISCONSIN-LA CROSSE

Preferred Hotels



3060 S Kinney Coulee Rd.,
Onalaska, WI 54650
(608) 781-3060
stoneycreekinn.com



308 Hampton Court
Onalaska, Wisconsin 54650,
(608)-779-5000
hamptoninn3.hilton.com



56 Copeland Avenue
La Crosse, Wisconsin
(877) 660 8543
candlewoodsuites.com

WIAC Lightning and Inclement Weather Policy

Unquestionably, the underlying basis for decisions related to the starting, suspension and resumption of athletic contests that may be affected by lightning and/or inclement weather is the safety and welfare of the participants and spectators. The following policies are for the purpose of providing general direction to administrators, coaches, athletic training staff and game officials in making these decisions, particularly as it relates to issues of authority. Consequently, each individual institution is encouraged to develop more detailed policies and procedures specific to their institution's unique circumstances (e.g., field locations, personnel).

LIGHTNING / INCLEMENT WEATHER

While lightning is the most consistent and significant weather hazard that may affect an outdoor contest, other types of severe weather conditions (e.g., tornadoes) are not to be ignored. Education and planning are the keys to safely dealing with lightning and inclement weather. Staff members and game officials need to know the dangers and what their responsibilities are in the event lightning and/or inclement weather is evident. Institutions should establish plans for the safe and efficient evacuation of participants and spectators.

In relation to decisions regarding the starting, suspension or resumption of a contest due to lightning or inclement weather, the WIAC conference states the following:

- The host institution's athletic trainer (or other person designated by the host administration who is not a game official or coach) will be the designated spotter. A spotter's responsibilities include monitoring weather reports, employing the Flash-to-Bang method to determine the proximity of the storm, and altering the host administration and game officials of a potentially unsafe weather development.
- Prior to the start of a contest, decisions regarding whether a contest will begin rest with the host administration. The host administration should confer with the participating coaches, game officials, an administrator representing the visiting team (if present) and the athletic training staff of the host institution.
- Once a contest has begun, the decision to suspend and subsequently resume a contest is the responsibility of the game official(s). Game officials are expected to confer with the host administration, an administrator representing the visiting team (if present), participating coaches, and the athletic training staff of the host institution.
- Decisions regarding the starting, suspension and resumption of a contest are to be made independent of considerations related to any team gaining a competitive advantage. Among the factors that should be considered are travel issues such as distance, expenses, and missed class time, severity of the weather conditions, immediate weather forecast, and playing-field conditions. In all cases, the safety and welfare of the participants and spectators is the single most important consideration.
- Weather related decisions involving conference championship events will typically be made by the designated tournament committee.
- The flash-to-bang method described in the NCAA Sports Medicine Handbook is to be employed for estimating how far away lightning is occurring.