



# MEDFORD ATHLETICS

Medford Area Senior High 1015 W Broadway  
Medford Area Middle School 509 Clark Street

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## GNC Middle School Cross Country Meet

Welcome to the 2023 GNC Middle School Cross Country Meet on: **Monday, September 18th at the Medford Area Senior High.**

- Race Order:**
- |         |                               |
|---------|-------------------------------|
| 3:15 pm | Course opens                  |
| 3:45 pm | Coaches meeting at start area |
| 4:15 pm | Boys Race                     |
| 4:45 pm | Girls Race                    |
- Awards:** Traveling Team trophy for 1st place, Medals for Top Ten. Awards will take place near the team building located on the northeast end of the track near the finish line.
- Entry Fee:** \$100 for MS teams  
Please mail your entry fee to the Medford Area Senior High (1015 W. Broadway Ave, Medford, WI 54451) prior to the meet. Checks can be made payable to: Medford Area Senior High.
- Teams:** Antigo, Medford, MHLT, Mosinee, Northland Pines, Rhinelander, Tomahawk
- Parking:** Buses should park in the parking lot to the North of the High School and west of the track  
Spectator parking will be abundant.
- Entries:** **Entry Instructions:** Teams should submit their [entries](#) into the spreadsheet provided, using their team tab (sheet). Entries are due Sunday, **September 17th @ noon.**
- Timing:** We will be hand timing at the finish line. Your runners will get a card with their place at the end of the race. Once the runner's time has been recorded, they will hand the card back.
- Course:** The majority of the course will be on grass, with some gravel, crossing black top will happen twice. The course finished on the MASH track, so we request athletes wear only ¼ spikes.
- Concessions:** Concessions will be available at the concession stand.
- Restrooms:** Are located by the concession stand
- Questions:** If you have any questions please contact Ryan Pilgrim at [pilgrry@medford.k12.wi.us](mailto:pilgrry@medford.k12.wi.us)

Attachments: Course map

# Middle School Course Map

