



MEDFORD ATHLETICS

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

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GNC Cross Country Meet

Saturday, October 15, 2022 at the Medford Area Senior High.

Teams: Antigo, Lakeland, Medford, Mosinee, Northland Pines, Rhinelander, and Tomahawk

Race Order:

9:30 am	Course opens
10:30 am	Coaches meeting at start area
10:55 am	National Anthem
11:00 am	Varsity Girls
11:30 am	Varsity Boys
12:00 pm	JV Boys and Girls
12:45 pm	Awards

Lane Assignments

1. Antigo	3. Mosinee	5. Lakeland	7. Tomahawk
2. Rhinelander	4. Medford	6. Northland Pines	

Awards: Team trophy for 1st place, 1-7 1st team, 8-14 2nd team, and 15-21 honorable mention. Awards will be handed out on the track at mid-field.

Team Tents Team tents can be set up to the west of the track on the grass area

T-shirts Order forms have been sent out. Orders due: Oct 3rd. Orders can be picked up at the start line prior to the start of the meet, along with bib numbers.

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.

Timing: **Entry Instructions:** Teams should submit their entries to wi.milesplit.com. If there are any questions, please contact john@performancetiming.com. Entries are due by noon on Thursday, October 13th..

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 in the concession stand next to the track.

Bathrooms: Are located on the side of the building between the football field and main school building. Bathrooms are also located on the south end of the team building on the east end of the track.

Questions: If you have any questions please contact Sherry Meyer at meyersh@medford.k12.wi.us or Ryan Pilgrim at pilgrry@medford.k12.wi.us.

Conference Meeting The coaches meeting to discuss bylaw changes will take place on Wednesday, Oct 19 at 7pm via Zoom. A link will be sent out.

Attachments: Course map

