

# COLBY/ABBOTSFORD CROSS COUNTRY INVITATIONAL

## COLBY HIGH SCHOOL—COLBY, WI

### SATURDAY, SEPTEMBER 9, 2023

#### Schools:

Abbotsford (girls) Athens, Colby (girls), Colby/Abbotsford (boys), Columbus, Loyal/Greenwood, Mosinee, Owen-Withee, Pacelli, Pittsville, Phineland, Spencer, Stanley-Boyd, Stratford

#### Place:

Colby High School  
705 N 2nd St  
Colby, WI 54421

#### Times:

8:30 AM	Course opens for inspection
10:30 AM	Boys High School 5K Race
11:15 AM	Girls High School 5K Race
12:00 PM	Boys & Girls JV 5K Race
12:45 PM	Boys & Girls Middle School 2 Mile Race
1:30ish PM	Awards Ceremony—At the Finish line

—If it is raining, awards will be in CHS Gymnasium.

—If we can do awards earlier, we will get them going sooner.

#### Entries:

Online entries are due to MileSplit WI no later than Thursday, **Sept 7 at 11:59 a.m.** If you know of team changes prior to the races, please see the timer at the finish line when you arrive. PT Timing will be providing timing and scoring of the meet.

#### Meet Fee:

High School teams: \$130, Middle School teams: \$70, Both HS & MS: \$200.

#### Trainer:

Maddie, our trainer from Health In Motion, will be available and set up at the finish line with ice and anything else you or your athletes might need.

#### Course:

The course will be set and ready to be walked at 8:30 AM. Please have runners off the course by 10:15 AM, or fifteen minutes prior to the start of the Girls high school race, should there be a delay.

5000 meters for Boys & Girls High School

3200 meters for Boys & Girls Middle School

Races are run on the Colby High School grounds. Spikes can be worn; the course is mostly on grass with one sidewalk crossing. There is a packed granite trail in the wooded portion of the course. The course will be marked with appropriate flags and directional arrows and double lined. It is a fair and challenging course, a true cross country course that includes short inclines, flat areas, wooded trails and many open areas as well!! It is a very spectator-friendly course. One can see runners four times by only moving 100 meters. Course maps are included with this letter and will be in packets when you arrive. Midstate Technical College has surveyed and certified our course at 5000m for high school and 3200m for middle school. Starting lane assignments are done randomly.

#### 5k Course Preview Video:

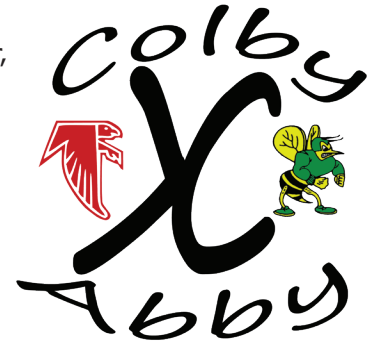
<https://www.youtube.com/watch?v=IImhDgRpbkw>

#### Pets

Remind athletes, their parents, and any other spectators that pets are not allowed at the cross country meet.

#### Bus Parking:

Bus parking and athlete drop off will be in the back of the school this year. See the included map for the location.



**Tents/Team Camps:**

Please see the included map of the grounds for team camp area, bathrooms/locker rooms, and concessions. All team camp need to be to the west (back) of the school. Be sure to clean up team camps after the meet.

**WIAA Rule Reminders:**

Wireless communication devices: Headsets, radios, cellular phones, etc. except for the official equipment used by Meet Management and meet officials are illegal.

Toys: Please instruct your teams to not bring footballs, frizzbees, soccer balls, etc. to the meet site. They are to be left in the bus, and not be thrown anywhere before, during, or after the races at the meet site.

Pets: Pets are not allowed at the meet site per WIAA Rules. Please relay this information to parents/spectators as you see necessary.

**Restricted Areas:**

Restricted areas where only competing athletes and working meet personnel will be allowed are designated by ropes or fences. No spectators or non-participating athletes will be allowed in the starting area during the 15 minutes prior to each race, coaches and competing athletes only. The finish chute area is restricted at all times during and after the races to everyone except working meet personnel. No spectators, non-participating athletes, student managers, are allowed in these areas. These areas will be roped off.

**Officials:**

Paul Rozak—Starter/Meet Referee

**Jury of Appeals:**

Paul Rozak—Starter/Meet Referee,  
Bryon Graun—Meet Manager Colby/Abbotsford,  
Bob Piotrowski—Pittsville  
Dillon Novak—Abbotsford

**Restrooms**

Portable toilets will be available at the north end of the school. Bathrooms will be available inside the high school main doors. Locker rooms will also be available inside the north end of the building.

**Concessions:**

We will have available.

**Teams:**

Team scoring will done with teams of a minimum of 5 runners and a maximum of 7 runners. Those schools running with less than 5 individuals will not be eligible for the team competition but will compete as individuals. Each team is allow to enter as many athletes as they would like (we are running all HS boys together & HS girls together, NO JV race) but only 7 will be considered in team scoring.

**Uniforms:**

All uniforms must conform with WIAA regulations. Please review these regulations in the information that you received from the WIAA. Be sure to review all uniform regulations with your teams prior to the race.

**Results:**

Score sheets and results will be tabulated and available as soon as possible after the conclusion of the awards ceremony. Results will posted to MileSplit and PT Timing website after the conclusion of the meet. Coaches and spectators are asked to be patient as scoring and tabulating is taking place. Extra time and precautions will be taken to make sure that all results are accurate and correct.

If you have any questions please feel free to contact me at  
Phone: 715-223-2338 ext. 5149, E-mail: bgraun@colby.k12.wi.us.

Bryon Graun  
Meet Manager , Co-Athletic Director  
Head Colby/Abbotsford Boys & Girls Cross Country Coach

**Online Entries Are Due to MileSplit No Later Than  
Thursday, Sept. 7th at 11:59am.**