

# 2014 Midwest Conference Cross Country Championships

Nov. 1, 2014

**Course:** Reid Municipal Golf Course, Appleton WI.

**Meet Director:** Jason Fast – Email: [jason.fast@lawrence.edu](mailto:jason.fast@lawrence.edu) - Cell: 920.203.3733

**Head Official/Starter:** Joel Jaeger

## Directions to Reid Municipal Golf Course

Hwy 41 to 441 exit at Calumet, take Calumet to Carpenter and take a right onto Carpenter. Drop off is the corner of Carpenter and Maple.

## Race Times

Men's 8k - 11:00 am

Women's 6k - Noon

## Access to course

Friday Oct 31<sup>st</sup>: 3:30pm – 6pm for student-athlete preview.

Saturday Nov 1<sup>st</sup>: 9:00am: **Course admittance may be delayed if there is frost.**

## Entry Protocol

Entries will be done at [www.pttiming.com](http://www.pttiming.com). Entries must be entered by 10:00pm Monday, Oct. 27<sup>th</sup>. Changes may be made until 10:00pm, Wed. Oct. 29<sup>th</sup>. After that, entries are final. Make sure your team's TFFR's numbers are submitted when forming your roster on PT Timing. PT Timing will be running the finish line. Chips, bibs, front and side cameras will be used to identify finishers.

## Scratches

Scratches may be made at the 4:00pm coaches meeting on Friday at the course.

## Team Fee

All teams will split the cost of the Timing Company fee. ***Each school will need to bring Cash or a check made out to Lawrence University Cross Country in the amount of \$175.00 per school.***

## Clerking

Runners must report to the starting line 10 minutes before race time to be clerked.

## Coaches Meeting

Friday, 4:00pm in the Reid Municipal Golf Course Clubhouse (Corner of Fremont and East st. See course map for exact location).

## Awards/Showers

Award ceremony will be at course 30 minutes after Women's race. The top 20 runners will receive MWC medals, and the winning teams will receive the MWC Championship trophies. If there is inclement weather, the ceremony will be in Alexander Gymnasium on the

Lawrence University Campus at 1:30pm. Showers are available at Alexander Gymnasium. Signage in the gym will direct the student-athletes to the appropriate locker rooms.

### **Results**

Will be available at the course and also posted on the Lawrence University Athletics site later that afternoon and at [www.pttiming.com](http://www.pttiming.com) immediately after the race.

### **Parking**

Buses will be parked at the West Business Services parking lot which is across the street from Alexander Gymnasium. The Bus parking lot is on the corner of E. South River St and S. West Ave.

### **Uniforms**

Coaches and teams are expected to follow 8.06 of the Code of Conduct.

### **Finish line protocol**

Athletes will wear both a chip, and a bib number on the front of the jersey. Video backup at the finish will finishers from the front as they cross the line. There is no finish chute.

### **Chip collection**

Each coach must turn in all chips to the chip collection table under the official's tent. Please put all chips in the large bag you will be given. Schools will be billed by PT Timing for lost chips.

### **Use of the course**

#### **Team Camps**

Please place all team tents/team camps on the driving range. Please pick up garbage after you pack up.

#### **Greens/tee boxes**

All greens, tee boxes and sand traps are off limits to all traffic. Please instruct your student-athletes to not run across any greens, tee boxes or sand traps.

### **Port-a-potties**

Port-a-potties will be available on the driving range. Please do not use the restrooms in the clubhouses.

### **Important Addresses**

Reid Municipal Golf Course: E Fremont St, Appleton, WI 54915 (drop off on the corner of Carpenter and Maple).

Alexander Gymnasium: 1100 East South River Street, Appleton, WI 54915 – Showers and also location of awards if there is bad weather.

**Athletic Trainer Information**

Jami Rogers, Head Athletic Trainer, MS, ATC/L, Email: [jami.l.rogers@lawrence.edu](mailto:jami.l.rogers@lawrence.edu), Phone: 920.832.6762

A certified athletic trainer will be on site at Reid Golf Course by 9:00 a.m. An ambulance will also be on call.

If your team **is not traveling with a certified athletic trainer**, our athletic trainer will be able to assist your team with taping, but please notify us in advance and send any taping supplies that your team may require.

Ice bags will be provided at the course; but, no other modalities will be available.

**Hotel and Restaurant Information:**

For a comprehensive list of hotels and restaurants please see <http://www.foxcities.org/>





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