

WISCONSIN PARKSIDE MIDWEST OPEN CROSS COUNTRY

- PARKING:** Please park in the UW-Parkside Communication Arts or Sports and Activities Center lots. **DO NOT** park in any Petrifying Springs Park lots. You will be ticketed if you park in any Petrifying Springs lot.
- TEAM CHECK-IN:** Coaches may pick-up their team packets in Sports and Activities Center lobby from 8:00 – 9:15am and at the XC course finish line building after 9:45am.
All unpaid entry fees must be paid at packet pick-up.
- START TIMES:** Women's 5K - 10:00am Men's 8K - 11:00am
Athletes should check in with the clerk at least 10 minutes prior to their race start.
- TEAM CAMPS:** Teams may erect tents and set-up tarps south of the finish line chutes. No team tents or camps are allowed behind the starting line.
- TIMING:** Timing will be via barcode scanning of the runner pull tags with complete video review of each race.
- AWARDS:** The top 25 collegiate and top 3 open runners will receive race t-shirt awards.
- TRAINERS:** Wisconsin Parkside training staff will be on duty meet day in the Sports and Activities Center training room located on the first floor and on the cross country course in a tent south of the finish line.
- STARTING BOXES:** The starting boxes will be 20 meters wide. Teams with too many runners to place everyone on the line, may have their additional runners line-up behind their teammates.
- START LISTS:** A complete start list, as well as starting boxes and course maps is posted on Thursday evening to:

<http://wisconsinrunner.com/results/2014parksidemidwestccopen.php>
- FURTHER INFO:** If you need any further information or have any questions regarding the meet contact:
UWP Coach Micah VanDendend at vanden@uwp.edu (262) 515-3902
Or Event Consultant Peter Henkes at wisrun@gmail.com (262) 498-9829.