

2015 UW-PARKSIDE ROSA CROSS COUNTRY INVITATIONAL

Please consult with race management at the finish line building as to the areas permissible to erect team tents. They are allowed on both sides of the finish line chutes. No tents are allowed behind the starting line. No tents or team camps may be set-up in Petrifying Springs Park.

STARTING TIMES: Women's 5K – 10:00am Men's 8K –11:00

NATIONAL ANTHEM 9:40am

STARTING LINE: There will be officials on the starting line prior to the start of each race checking in each team as a group. They will be checking uniforms & answering any questions. If you have any questions regarding your starting position, please consult them.

PACKET PICK-UP is at the Sports & Activities Center up the hill, east of the course until 9:30am. Day of race OPEN RUNNER REGISTRATION can be done at the finish line building (AFTER 9:45 ALL PACKET PICK-UP WILL BE AT FINISHLINE BUILDING AT COURSE.)

Restrooms are located behind the finish line building and behind the starting line for athletes only. Concessions are for sale on the east side of the finish line building. Results will be posted on the sandwich board near the concession tent.. Coaches may pickup results at the finish line building. Scan the QR Code on the results board for course map, program and results or go to wisconsinrunner.com.

Results will be posted immediately after each race to www.wisconsinrunner.com and later in the afternoon to the UW-P website: www.parksiderangers.com &

Once races start please do not warm-up on the areas of the course where the race in progress is being conducted.

The top 25 runners in each of the women's & the men's races will receive a "meet" t-shirt. They may pickup their t-shirt at the course finish line building once results are posted.

STARTING PROCEDURE: There is a countdown clock located by the starting line that will rundown until two minutes prior to the start of each race. At two minutes no more run-outs are allowed. All commands after 2 minutes will be over the PA.

COMMANDS:

1 minute - 30 seconds – "Runners to the line" (10sec) - when set flag will be raised –
CANNON FIRED – FLAG DROPPED

TIMING: Wisconsin Runner will be timing the event. They will be utilizing MyLaps disposable bib chips. There will be digital display clocks at the 1K, 1M, 2M, 3M, 4M marks

The UWP Athletic Training staff, under the direction of Kenny Wilka, and with the cooperation of Wheaton Franciscan Healthcare, is located south of the finish line Wheaton Franciscan Healthcare Trailer

Water and Gatorade are available at the end of the chute.