

## **46th Annual Sheboygan County Cross Country Meet**

Tuesday, September 26, 2023

@Sheboygan Lutheran

### **Time Schedule**

3:15 - Tour the Course - Packet Pick up by the scoreboard in the outfield.

#### **3:30 – Coaches Meeting by the Finish Line**

4:15 - Girls Varsity 5K (Limit of 7 Entries)

#### **4:55 - Boys Varsity 5K (Limit of 7 Entries)**

5:30 - Boys Junior Varsity and Girls Junior Varsity - Ran together but scored separately.

#### **6:10 - Awards**

### **Awards**

Medals - 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> - place Boys and Girls Varsity Teams. 1st place Boys and Girls JV Teams.

Medals - 1<sup>st</sup> – 21<sup>st</sup> - place individuals in the Boys Varsity and Girls Varsity. 1st Individuals Boys and Girls JV.

Ribbons - 2<sup>nd</sup> – 21<sup>st</sup> - place individuals in the Boys Junior Varsity and Girls Junior Varsity.

Awards will be presented by the scoreboard in the outfield.

### **Timing and Rosters**

We will be using TrackSide Timing to handle registration and to score the meet.

Most coaches have accounts but if you don't you will need to create a free account at [wi.milesplit.com](http://wi.milesplit.com) to access registration. Entry deadline for the **Sheboygan County Meet** is **8:00 pm Saturday, September 23rd**.

Instructions for first-time account set-up and registration are posted at [www.tracksidetiming.com](http://www.tracksidetiming.com) Give yourself at least 48 hours to create your account and upload your roster.

The meet is titled **Sheboygan County Meet** in [wi.milesplit.com](http://wi.milesplit.com) Log in to your account and find the meet in the calendar. Meet information and results will be posted at [www.tracksidetiming.com](http://www.tracksidetiming.com)

On Tuesday afternoon each team will receive a packet with individual race numbers with disposable chips, a team roster, and a course map. The race numbers are set for individuals so please make sure the correct runner has their number. Please return any unused bibs to the blue bin on the table by the concessions tent.

***Changes to your lineups can be made by the "Trackside Timing Van" at the finish line any time before the race begins.***

### **Course**

The 3.1 miles / 5000 meter course is a grass path, a woods loop, an uphill, a woods meadow, a down hill, the woods loop reversed, grass along a river, the path loop, and an exciting open field finish. Similar to other years but a little different. A bicycle will lead the runners on the course, which is flagged, cut, marked with paint, has directional signs, with mile and meter markers.

### **Bathrooms and the Building**

The bathrooms are accessible from the north and east side of the building.

### **Concessions**

The concessions will be outside by the scoreboard in the outfield. Fresh fruit, light snacks, Gatorade, and water will be available.

### **Water**

Water jugs and cups will be available in the finish chute area. Gatorade is also for sale at the concessions stand.

**Trainer**

We will have a trainer on site. He will be stationed in the restricted area by the finish chute.

**Starting Boxes**

The starting boxes will be selected at the coaches meeting at the scoreboard in the outfield at 3:30.

**Drop Off and Parking**

Buses can enter the Sheboygan Lutheran driveway, go around the circle and drop off the athletes and gear by the bridge leading to the outfield area where we will be setting up tent city. People will be directing you.

**T-Shirts**

There will be County Meet t-shirts for sale for \$15.00.

**Team Areas**

Team Tents and Camp areas will be in the baseball outfield.

**Teams contracted to compete.**

Cedar Grove-Belgium  
Elkhart Lake-Glenbeulah  
Howards Grove  
Kohler  
Oostburg  
Plymouth  
Sheboygan Christian  
Sheboygan Falls  
Sheboygan Lutheran  
Sheboygan North  
Sheboygan South  
Random Lake

**Remember No Dogs on the course.**

If you have any questions send me an email.

JJ