***October 14th, 2023***

Dear Coaches & Athletic Directors:

WELCOME to the 2023 ECC Conference Cross Country Meet. The Meet will be held at **Plymouth High School** on Saturday, October 14th, 2023. There will be a short coaches meeting at **9:30am** at the finish line. Changes/Drops can be made at that point or when you pick up your bibs.

**Time:** 8:30– Course opens

9:30- Coaches Meeting at the Finish Line

9:50– National Anthem

10:00– Boys Varsity Race (5,000 meters)

10:35 - Girls Varsity Race (5,000 meters)

11:10 - Boys JV Race (5,000 meters)

11:45 - Girls JV Race (5,000 meters)

**General Race and Course Information:**

* All Varsity and JV races are 5k. Attached is a color version of the map. The course is at Plymouth High School. The entire course will be on grass which passes over a sidewalk. The course is 2 loops. The course is relatively flat with a moderate hill that is done twice. The footing can be somewhat uneven at times and there may be some standing water if it rains a lot. **Start and finish areas will be behind the school, east of the Ag building.**
* Per WIAA rules please remind your spectators **NO PETS ARE ALLOWED!**
* Concessions will be available near the Ag Building / Baseball pavilion, depending on the weather.
* **T-Shirts** will be available for purchase. Shirts and Giggles is our t-shirt vendor. **Pre-order** link is [***here***](https://shirtsngigglesonline.com/shop/ols/categories/ecc-cross-country). Pre-order deadline is Wednesday, Oct. 11. They will also do onsite orders, but pre-orders are encouraged.

**Awards:** Varsity: 1st Team(1-7), 2nd Team(8-14), 3rd Team All-Conference(15th-21)

Head coaches will gather before awards to help distribute medals and

certificates. Awards will be near the east side of the Ag building.

**Entries:** Varsity races are limited to 7 runners per gender. Top 7 will be scored for varsity. You may enter as many JV runners as you like. **ENTRIES MUST BE IN BY 12 NOON,WEDNESDAY, OCTOBER 11th**. Please enter athletes through Athletic.net under ECC CC Championship.

**Entry Fee:** See Contract.

**Parking:** Please have the buses drop off in the East parking lot behind the school, then park in the West student lot. **Spectators** can park in the front (West) lots. PLEASE AVOID PARKING AT MCDONALDS AND SURROUNDING LOTS.

**Scoring:** All races will be scored using traditional XC scoring. In the Varsity race we will take the top 7 runners from each team. Top 5 will score and 6/7 will displace as always. Runners will be timed using a disposable timing tag on their bib, so **please be sure runners wear their assigned bib**. Results will be posted to Athletic.net after the results are finalized.

**Jury of Appeals:** WIAA Starters, Plymouth Head Coach, Ripon Girls, Waupun Boys

**Participating Schools(w/lane):** Berlin (7), Kewaskum(1), KML(6), Plymouth(4), Ripon(2), Waupun(3), Winneconne(5)

**ECC Conference Meet**

* Please place tents on the North or South side of the Ag Building.
* When you arrive, you can pick up your packets at the finish line; there will be meet workers available to answer your questions.
* Bathrooms will be in the Ag Building (East entrance) and near the Football Stadium. Athletes can also use the bathrooms near the 2 mile mark at the soccer field.
* Please bring your own water. We will not have water at the start and finish. No water during the race.
* Snapping of flags will lead to automatic disqualification.
* Please share this letter with all coaches.
* Please help us out by picking up around your team’s area before you depart. We truly appreciate your help and cooperation.
* Pending enough workers, I will have a timer at the 1 and 2 mile marks calling off times.

**Glen Smith Head Coach / Meet Director 920-838-3177**

**Dan Knaus Athletic Director 920-980-5300**

Aerial view of a field

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