

WISCONSIN PARKSIDE LUCIAN ROSA INVITE 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 – 9:30am and at the XC course finish line building after 9:45am
- START TIMES:** Men's 8K - 10:00am Women's 5K – 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 pull tags at the end of chute with video review .
- 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 10 feet 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://www.wisconsinrunner.com/results/2013parksidemidwestccopen.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 Director Peter Henkes at wisrun@gmail.com (262) 498-9829.