

ADMISSION: The admission fee per spectator is \$3.00 for 17 & Under and \$6.00 for Adults (18+). When a spectator leaves the facility, they will not be allowed to re-enter the site. No drones or dogs are allowed at the race site on meet day.

FORMAT:

JV Girls 4000m	unlimited entries	9:05am	medals 1-5
Freshman Girls 4000m(Run with JV)	unlimited entries	9:05am	medals 1-5
Freshman Boys 4000m	unlimited entries	10:00am	medals 1-5
Varsity Girls 5000m	run 10	10:35am	medals 1-10
Varsity Boys 5000m	run 8	11:20am	medals 1-10
JV Boys 5000m	unlimited entries	11:50am	medals 1-5
Open 4K	NO OPEN RACE IN 2023		

COURSE: The 5K course is the UW-Parkside JR 5000 meter high school course. The 4K course is basically the first 4K of the UWP JR 5K course. Restricted areas will be roped off, coned or marked with signage. Course maps are attached. Please remember that is prohibited to mark the course in any manner, including paint, streamers, signage, etc. A digital display clock will provide the countdown for each race and one will provide splits at the 1, 2 & 3 mile marks. Once the first race of the day race has started, warm-ups on the course are limited to following the race in progress. Teams may not warm-up randomly on the course during the race in progress.

SITE PROCEDURES: Teams (participants, alternates, coaches, trainers and managers) must enter the meet site together. When an athlete leaves the facility, they will not be allowed to re-enter the site. TENTS & GROUND TARPS are allowed.

PARKING: All busses, team vehicles & spectators should come in on Highway E and then turn left onto HY JR to access the UW-Parkside Physical Education or Communication Arts parking lots located off of Hwy JR east of the course. There is no participant drop off on Highway JR. No parking allowed in any of the Petrifying Springs parking lots - this includes teams, coaches and spectators. Handicap Parking (with Permit) is allowed in the lot immediately north of the course on HY JR.

UW-PARKSIDE: The UW-Parkside PE Building is off limits to our group.

PETRIFYING SPRINGS PARK: UW-Parkside has added additional port-a-lets to the race site for 2023. Please utilize those located at the course rather than the ones at Pets. We also request that all warmups are conducted on the UWP course. NO team camps are allowed in Petrifying Springs. Teams must set-up camp in the designated area.

748 start