

Aug 9, 2017

Coach:

Welcome to the 2017 running of the Hudson Cross Country Invitational in its 51st year. This meet will be held on Tuesday September 19th at 3:30 PM at the Hudson Middle School. We are excited about hosting the meet and hope that you and your athletes enjoy the meet.

We will be using Jack Moran from raceberryjam to score and time our meet. You will need to go to the cross country page of raceberryjam.com, look for the meet in the schedule of upcoming events and click where it says to. The direct link is

<http://www.raceberryjam.com/hscconlineentry.php>

Coaches you will need to get a password if you don't already have one, allow a day or two to get the password, entry deadline is Wednesday September 14th . This gives Jack time to produce the bar codes and get them to me to put on the race numbers.

Awards: Plaques to the first place team
 Medals to the first place team
 Medals to the first twenty finishers in the boys and girls varsity
 Ribbons to the first twenty finishers in the boys and girls JV and 9th grade races.
 A trophy to the winner of each race.

Entry Fee: \$130.00 for both boys and girls

Course Record: Boys 16:04.3 Patrick Treacy,ECM 2014 Girls 17:50.3 Aubrey Roberts ECM 2014

Maps In the coaches packet when you pick them up at the finish area .

Coaches meeting: At 3:30 at the orange fence by the Packet Table near the finish area.

Buses: Park in the lot behind the school or at Grandview Park by the water tower.

Time Schedule	3:50	9 th Grade Girls	All races are 5 KM
	4:00	9 th Grade Boys	
	4:40	Girls Varsity	
	5:10	Boys Varsity	
	5:40	Girls Jr. Varsity	
	5:50	Boys Jr. Varsity	
	6:30	Awards	

Chute Assignments: Lane 1 Benilde-St. Margaret's
Lane 2 Chippewa Falls
Lane 3 Eau Claire North
Lane 4 Farmington
Lane 5 Forest Lake
Lane 6 Hastings
Lane 7 Hudson
Lane 8 Mahtomedi
Lane 9 Menomonie
Lane 10 New Richmond
Lane 11 North Branch
Lane 12 River Falls
Lane 13 St. Croix Prep
Lane 14 South St. Paul
Lane 15 St. Thomas Academy
Lane 16 Tartan
Lane 17 Woodbury Math and Science Academy

Bib Numbers: Please pin (pins provided) the bib number to the front of the uniform.

Starting Procedure will be the same one used in the WIAA Tournaments. The starter will not give instructions nor answer questions after the three-minute countdown. The information given over the public address system will be;

15 minutes to the start of the race

10 minutes to the start of the race

5 minutes to the start of the race

3 minutes to the start of the race

2 minutes to the start of the race-runners remove sweats, coaches vacate area

1 minute to the start of the race-runners may not leave the starting line.

30 seconds to the start of the race

15 seconds to the start of the race

10 seconds countdown to 5 seconds

The STARTER will then fire the gun when all runners are "MOTIONLESS AND SET"

If you have any questions or concerns, please contact me on cell phone 715-222-6199
or email donkrupa@gmail.com