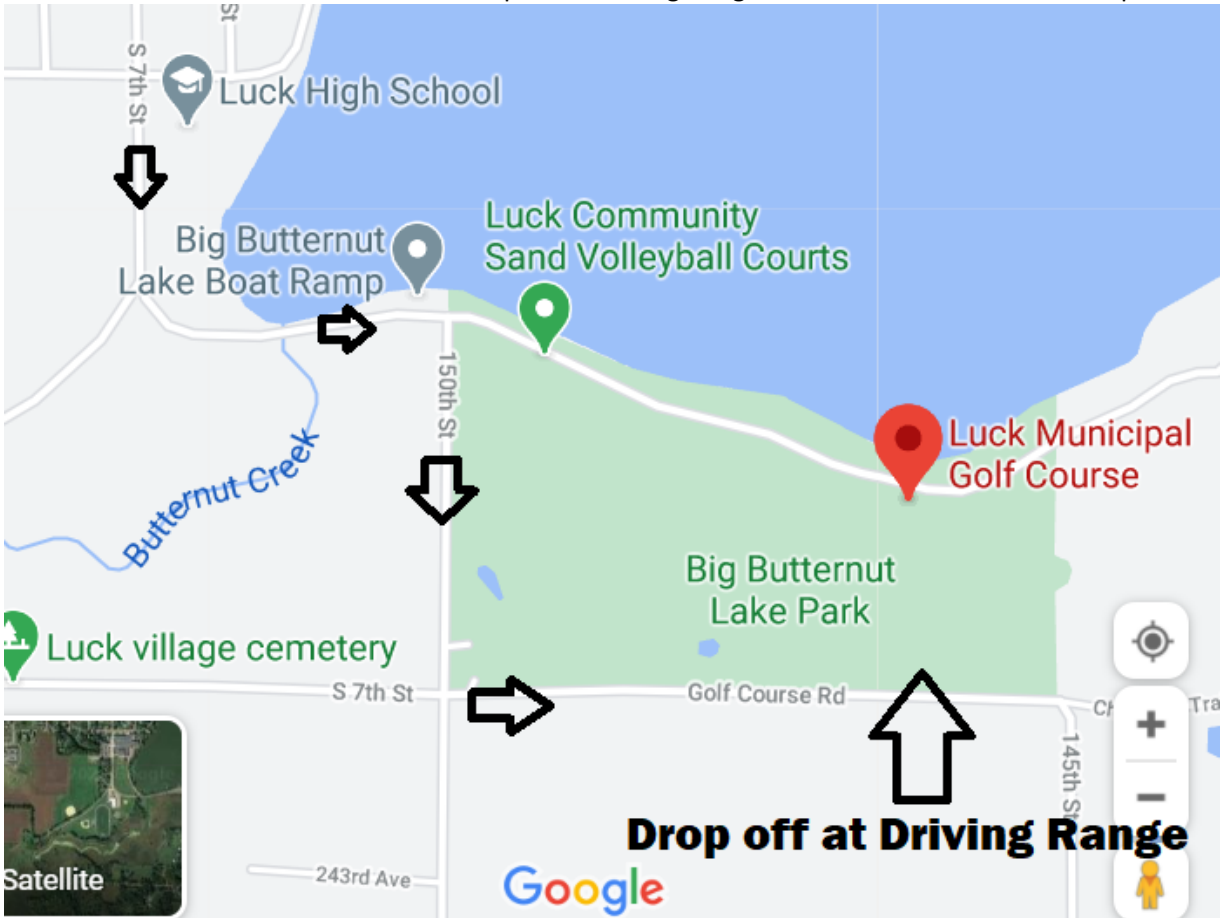


**TO:** Coaches/Athletic Directors from Birchwood, Bruce, Clear Lake, Flambeau, Frederic/Luck, Grantsburg, Lake Holcombe/Cornell, New Auburn, Prairie Farm, Shell Lake, Solon Springs/Northwood, Unity, Webster.

**FROM:** Ethan Bergstrom

**RE:** Frederic/Luck Cross Country Invitational Cross Country Meet at Luck Golf Course

**LOCATION:** Luck Public Golf Course - Drop off at Driving Range on Golf Course Road. See Map Below.



**Buses can drop off at the driving range and will be directed to parking. There will be workers helping park busses. Masks are required and please use social distancing to keep our event safe.**

Spectators will be asked to park along South Shore Drive at the Lions Park and Softball field and walk to the course following the signs. Please enter along the softball field and have your passes ready.

All spectators are to remain in the rough and at least a fairway away from the race. Preferably all spectators should remain on the north side of hole 18 and can watch the start and two final legs of the course well from there as runners will go up and down both sides of 17 and start and complete the course on the driving range. No spectator parking will be allowed along Golf Course Road or 150<sup>th</sup> Street.

**DATE/TIME:** Thursday, September 17<sup>th</sup>, 2020

**Race 1- 4:30pm – MS BOYS**

**Race 2- 5:00pm – MS GIRLS**

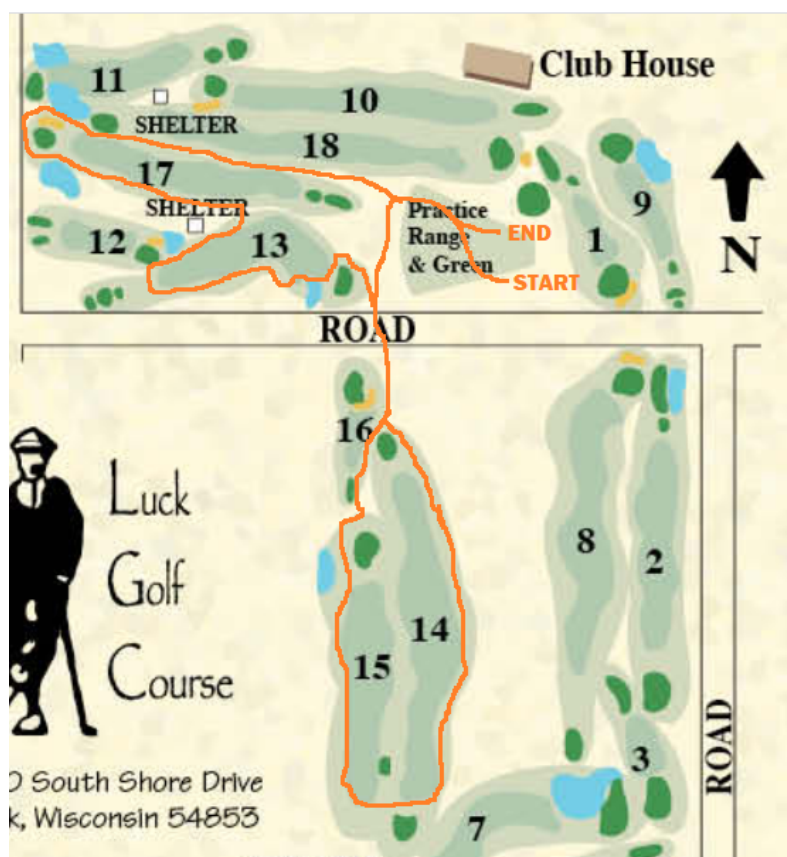
**Race 3 – 5:30pm – HS BOYS**

**Race 4 – 6:00pm – HS GIRLS**

We will have a very wide starting line and a chance for these kids to spread out quickly. We will run these in one heat if the # of entries is under 50 per race. In the event, our heats are over 50, we will divide them into two heats starting with a 5 minute stagger. Fastest half out first based on seed time, second half out five minutes later.

**COACHES MTG:** None, email [bergstrom@frederic.k12.wi.us](mailto:bergstrom@frederic.k12.wi.us) or [andersonj@frederic.k12.wi.us](mailto:andersonj@frederic.k12.wi.us) with any questions.

**MAP:** The races will begin on the driving range and make a quick turn South to head across the road run along 14,15, and back on 16 before recrossing the road. Then the race will travel around 13's fairway and go back along 17 and around before coming around the full loop. The MS race will be one lap. HS race two. This map is not final as this is a brand new race and there is a wet spot along 13 we will reroute on Wednesday when we mark it for good. But this map will give you a pretty solid idea of what the race will look like. It will be marked with flags and painted. I will have staff block the road with cones and vests for the runners.



**ENTRIES:** Here's the registration link: <https://wi.milesplit.com/meets/394978/registration>

**REGISTRATION DEADLINE:** Noon, Tuesday, September 15th

**AWARDS:** Medals will be mailed/delivered after the meet for top three HS boys, HS girls, and ribbons 1-10 for each MS race.

**FOOD:** No food will be available

**COST:** \$100.00

**TIMING:** Logan Gullickson and PT Timing