



Luther Knight Athletics

1501 Wilson Street
Onalaska, WI 54650
608-783-5435 ext. 1645
Joel Babinec – Athletic Director



OCTOBER 4, 2019

Coulee Conference Cross Country Meet Information at Maple Grove Venues
(hosted by Luther High School)

Meet Date: 10-19-19

Site: Maple Grove Venues (Cty Rd B, West Salem)

Officials: Karl Bisek, Tim Lee
Meet Manager: Joel Babinec
Games Committee: Joel Babinec, Scott Benzing (Viroqua), Brian Huebner (Westby), Meet Official

Schedule:

9:00 am Course Opens for Warm-ups
9:45 am Coaches meeting in the space between the buildings and the starting boxes. Packet pick-up will occur on the concrete section located on the west side of the building complex (about 50 meters east of the starting boxes).
10:30 am Varsity Girls
11:15 am Varsity Boys

The race will be video timed by Clark Jillson and Accurace Timing.

Registration Procedures: Entries will be through www.directathletics.com
Deadline: Thursday, October 17 at 12:00 noon

Top 7 runners 1st Team All-Conference
Runners 8-14 2nd Team All-Conference
Runners 15-21 Honorable Mention All-Conference
Awards ceremony will take place about ½ hour after the final race.

The layout is the same used by the MVC. It is very spectator friendly and easy to follow with colored fiberglass red, yellow, or blue markers. (see map on back side)

Restrooms - available in the ballroom at Maple Grove Venues

Parking: Please use any of the blacktop surfaces for BUS parking. Spectator parking can be in any of the other lots on site. NO PARKING on County B or Ceresa Drive.

Athletic Trainer provided by Gundersen Health

Questions? Please contact

1) Coach Kevin Lisk

liskkevi@luther.k12.wi.us

2) Joel Babinec

babijoel@luther.k12.wi.us

Maple Grove Cross Country Course

The starting line is just west of the main building down the hill. Runners do a 1000 meter loop around the pond to start the race, then run a 3000 meter loop that is on the north end of the property. The 3000 loop goes up and down three fairways from the old golf course. You finish with a 1000 meter loop that begins on the same fairway as the starting line you go around the pond again but this time go into the fairway adjacent to the starting line fairway to the finish.



Parking in YELLOW shaded area.

