



**To High School & Middle School Athletic Directors & Cross Country Coaches:** Amery, Ashland, Barron, Birchwood, Bloomer, Boyceville, Bruce, Chippewa Falls, Colfax, Cumberland, Drummond, Eau Claire North, Elk Mound, Ellsworth, Flambeau, Frederic, Grantsburg, Hayward, Hudson, Lac Courte Oreilles, Ladysmith, McDonell Central Catholic, New Richmond, Northwestern, Osceola, Phillips, Prairie Farm, Rice Lake, St. Croix Central, Shell Lake, Solon Springs, Spooner, St. Croix Falls, Superior, Unity, Washburn, Webster

**Date:** Tuesday, September 17, 2024

**Place:** UW-EC Barron County Campus, Rice Lake ([1800 College Dr., Rice Lake WI 54868](https://www.wisconsin.gov/locations/1800-College-Dr-Rice-Lake-WI-54868))

**Times:** Course opens for inspection **3:00 pm**

Girls' JV 5K **5:30 pm**

Coaches' Meeting **3:30 pm**

Boys' JV 5K **6:00 pm**

Middle School Girls' and Boys' Race 3K **4:00 pm**

Awards Ceremony **6:30 pm**

Girls' Varsity 5K **4:30 pm**

Boys' Varsity 5K **5:00 pm**

### **LIMIT of 7 runners for VARSITY race.**

We will be scoring the varsity races as small and large school divisions. All runners will start together and use the same finish line, as we will be using chip timing. Division assignments based on 2023-2024 enrollments, unless otherwise requested.

**BUS unload/parking:** Buses can unload/load on College Dr. near the big white tent area then move to park in the North parking lot on College Dr.

**Facilities:** Porta-potties will be available, but locker rooms will not.

**Concessions:** Concessions provided by the RL All Sports Booster Club located near the finish line under the big white tent.

**Entry fee:** \$300 payable to: Rice Lake High School, Attn: Athletics Dept., 30 So. Wisc. Ave., Rice Lake WI 54868

**Course:** The course is a combination of open prairie and woods with a few asphalt crossings. Course markings will be at 800 meters, 1000 meters, 1600 meters, 2000 meters, 3000 meters, 3200 meters, and 4000 meters.

**Trainers/medical personnel:** We will have personnel on site that are medically trained to assist with runners.

**Scoring:** Scoring the meet will be Wayzata Results. They will have race packets and single-use timers for pick-up when you arrive. They will also have results posted online. Please register: <https://www.athletic.net/CrossCountry/meet/246585> by

**Saturday, Sept. 14, 2024 at 8PM.** There are **late fees for registrations past the due date**. Schools will be invoiced late registration fees. Instructions for registering are available on page 2. Registration Help section available at:

<http://www.wayzataresults.com/onlinentryhelp> Please contact Wayzata Results if you have any questions by email:

[tfentries@wayzataresults.com](mailto:tfentries@wayzataresults.com) ***Note: This also applies to middle school teams, so please forward a copy of this letter to your middle school coach. It is very important that all runners (middle school and high school) be pre-registered. No registrations on race day. Changes only.***

**Individual Awards:** Varsity-medals top 10 runners in each division. JV-ribbons top 15 combined divisions. Middle school ribbons top 15.

**Team Awards:** Plaque and medals 1st place boys' and girls' team in each division. Plaque to 2nd place team each division.

**Please remind your fans that there are NO DOGS or BIKES allowed at the meet.**

If you have any questions or concerns, please contact:

David Dickey, Head CC Coach  
Rice Lake High School  
507-995-7261  
[ddickey155@gmail.com](mailto:ddickey155@gmail.com)

Tim Lipke, Athletic Director  
Rice Lake High School  
715-790-2365  
[lipket@ricelake.k12.wi.us](mailto:lipket@ricelake.k12.wi.us)



*This meet is using free online registration at Athletic.net!*

**Athletic.net** is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

**Follow the 4 steps below to get started:**

## 1. Sign up for a free coach account (if you do not have one)

- Go to the website: [www.athletic.net](http://www.athletic.net)
- Click on '[Log In](#)' in the upper right hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

## 2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to the [Events page](#)
- Start typing **Rice Lake Invitational** into the Search Box
- Expand the meet card, and find the button to add this meet to your teams calendar • Repeat this process for the rest of your season calendar (*You can also find meets by date and location*)
- If a meet is not listed, you can add it to your calendar by clicking 'Add new Event' and following the wizard
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

## 3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team. • Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

## 4. Register athletes for Rice Lake Invitational

- Locate **Rice Lake Invitational** on your team's main Cross Country page and click on it • Click "**Register Athletes**"
- Follow instructions on the meet registration page to enter your athletes into the appropriate division(s).
- Use the "Add an athlete" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.

## Rice Lake Cross Country Course

