



- DATE** Friday, September 29th, 2023
- LOCATION** Lake Mills Golf Club, 800 S Main St, Lake Mills, WI 53551
- 2023 SCHEDULE**
- 5:15 p.m. - Division 3 Teams allowed to arrive and unload
 - 5:35 p.m. - Division 1/2 Teams allowed to arrive and unload
 - 5:45 p.m. - Spectator Parking to begin
 - 6:15 p.m. - Coaches Meeting at the finish line area
 - 7:10 p.m. - Boy's D3 Race
 - 7:45 p.m. - Girl's D3 Race
 - 8:25 p.m. - Boy's D1/D2 Race
 - 9:00 p.m. - Girl's D1/D2 Race
- DISTANCE** 5K – 2 loops of 2500M
- ENTRY/FEE** Entry links were sent out to invited teams from athletic.net. If you did not receive the link, check your spam folder or log-in to athletic.net to register. When

you begin to register, you will first need to pay your entry fee via credit card before getting access.

REGISTRATION Due on athletic.net – **September 8th by NOON**. You are to register your whole roster. Everyone is varsity and will run in the same race. The top 7 will score and displace. Entries are due early as we print all the student's names and school on the bibs. Please double/triple check your athletes names/spelling. **Please register the whole roster, yes, even the maybes.**

TEAM PACKETS Coaches can pick up their team's bibs/pins at the finish line tent upon arrival.

TENT AREA The tent area can be seen on the course map link. It will also be marked with signs upon arriving.

COURSE MAP [CLICK HERE](#)

LANE ASSIGNMENTS – [CLICK HERE](#)

RESULTS Live Results (unofficial) can be seen at adesports.com or by clicking **HERE**.

AWARDS

Medals 1st thru 20th for all three divisions, both genders. Team plaques for top three teams. There will be an awards tent set up near the finish line where athletes can pick up their medals. We will announce teams scores and have a quick presentation following the last race.

BUS PARKING

Buses will not park on site. Please share this with your driver and have a way to communicate pick up with them. Buses can park on E. Lake Park Pl and Pinnacle Dr. which is highlighted in blue on the course map. This will allow the buses to drop off in front of the golf course, park and then position them to circle the golf course and pick up, back in front of the golf course.

TRAINER

There will be an athletic trainer on site from 6:30 p.m. until the last runner crosses the finish line. If you need ankles taped, you will need to provide your own athletic tape. Please bring ice with you as we will be limited on access to ice.

SPECTATOR

All parking pass/admission will be sold online. You will not be able to park on site without a parking pass. Parking passes can be purchased [HERE](#) as well as by clicking on the SPECTATOR link on this page as well.

Please remind all your team members to share with FRIENDS that there is no parking available without a pass. We cannot have unlimited teens/friends drive out to the course and park. We DO NOT WANT parking on the highway or in front of the golf course. We will have spectators park in Lake Mills High School parking lots which is the neighboring property. PLEASE MAKE THIS AN EMPHASIS throughout the week. Especially the more local teams.

OTHER THINGS TO KNOW

- Most of these students have never run a race at night. When the sun goes down – the energy changes. Enjoy it.
- Bring your own water
- Take your trash with you. We will provide teams a trash bag.
- You will need some way to light your tent area (glow sticks / battery operated lights etc. – kids seem to be creative with this if you let them)
- May want a tarp for ground cover as you will have dew on the grass in the evening
- Bug spray – we will fog the main areas, but it won't take care of everything.
- Buses will not park on site so share this with your driver and have a way to communicate pick up with them.
- Concessions will be available

- T-shirts will be available for \$20 – please share this info with your runners.
- Stay off tees and greens
- STAY ON THE CC COURSE – We want to be welcome back, so poor judgement by any of the students will not reflect well, obviously.

QUESTIONS If you have any questions, contact Kevin at:
kevilued@princeton.k12.wi.us

DO NOT CONTACT Princeton High School or Lake Mills Golf Club

I will only be responding to coaches with questions regarding the meet.
I will not have time to respond to parent/spectator questions/emails.

CAN WE.....

If the kids want to know something.... Remember it is a real meet with all the same rules. It is at night; I do think it's pretty cool... but **it's not a "glow run or color run"** so to speak. The glow sticks can be worn as jewelry if so desired, but it would be considered jewelry and worn as such. Face painting – it's dark and there are not going to be any special lights that make the paint look "cool" necessarily. SO, TO ANSWER ALL QUESTIONS I've received – if you can't do it at any other meet, you can't do it at this meet. If it's legal, you don't email me to ask if it's okay... it's on you.

Reference from the Wisconsin Dells night meet – Rarely have the kids worn glow sticks while running. They have them on and around, but many do not choose to race with them. I think it sounds cool at first and then the kids get annoyed by them because they aren't used to running with plastic tubes around their necks. They yank them off while running and it is the most "picked up trash" item after the meet.

Again, you can wear them. Just ask the kids to take them with them

