



WEST CENTRAL VALLEY ATHLETICS

WILDCAT CROSS COUNTRY INVITATIONAL

October 3rd, 2019



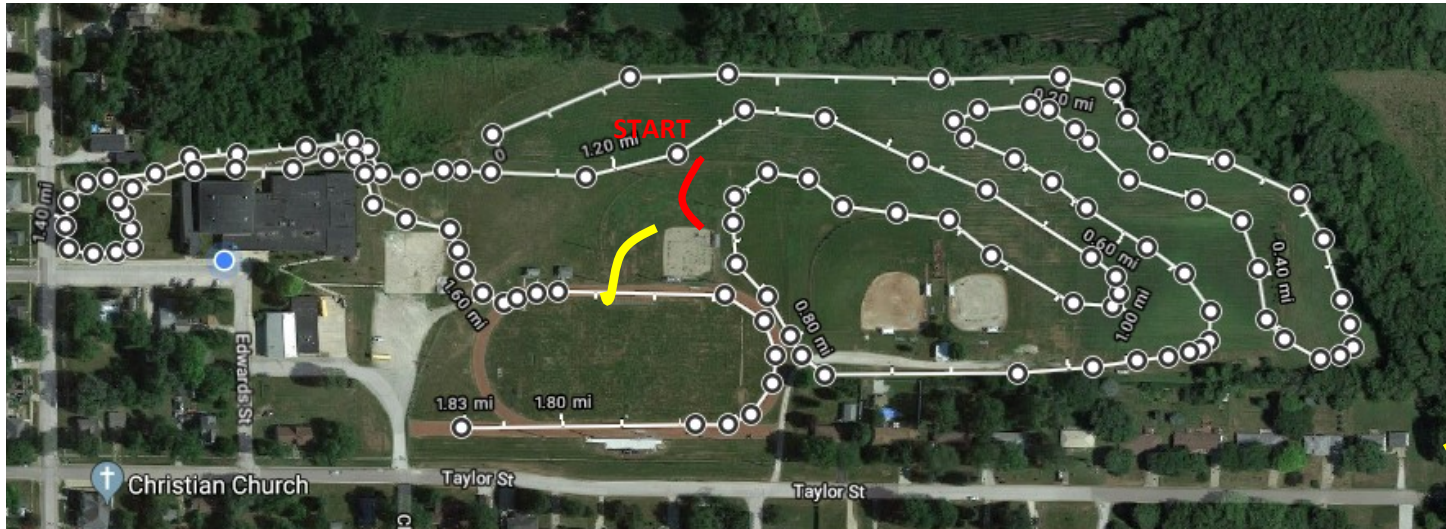
- TO:** Athletic Directors, high school and middle school Cross Country coaches
- FROM:** David Doely, WCV High School Athletic Director; Mary Pease, WCV Junior High Athletic Director; Dave Hammond, WCV Cross Country Coach
- WHERE:** The Wildcat Invitational will be run at the Middle School campus, which is located on the Northeast side of Redfield. The course is flat, fast, and good for spectators; the race is on grass.
- ADDRESS:** West Central Valley Middle School
1375 High St, Redfield, IA 50233
- SCHEDULE:** 4:30 MS Boys/Girls
5:00 Varsity/JV Girls
5:30 Varsity/JV Boys
- DISTANCE:** JH Girls and Boys : 2 miles; High School Girls & Boys: 3.1 miles (5K).
- SCORING:** Run all your kids, score top 5 in all races; 6th runner tiebreaker. No team scores for JV and JH races will be kept.
- AWARDS:** Team Champion and Runner-Up trophies for each varsity race. Medals will be awarded to top 15 varsity runners, and for each JH race champion. Ribbons will be awarded to MS places #2 through #15.

****ADMISSION:** We will be collecting an admission fee per person - \$3 for adults and \$2 for students.
Please inform all spectators.**

*****Concessions will be available at the white concession stand on the north end of the track*****

- TEAMS:** ACGC, Ankeny Christian Academy, DMC (MS Only), Earlham, Nodaway Valley, Ogden, Orient-Macksburg, Panorama, Van Meter, West Central Valley, Woodward Academy, Woodward-Granger
- CAMP:** Please have your teams make camp in the outfield of the west baseball diamond

Cross Country Route @ Middle School in Redfield



FINISH

High School:

- Runners must look main big part twice (1.25 miles per loop)
- Runners continue to route around the school after second time around big part (end part around north side of the school to finish on track is 0.6 miles)

Middle School:

- Runners will run outside of main part of the campus twice using the yellow lines (0.9 miles per loop). They will not run the first inside finger.
- Runners then cut down towards the track to finish same spot as high school (from starting line to finish line is 0.2 miles)

Spectator Parking for Cross Country in Redfield



- Spectators can fill the lot between bus barn and track (outlined in **red**)
- Spectators can then park diagonally on Taylor St. on the North side of the road, up on the grass by the fence, and parallel on the South side of the road.
- After both of those are full, spectators can parallel park on the roads anywhere to the South and East and walk to the complex
- We will be taking gate at two entrances (marked in **yellow**)

***** As a reminder, we will be taking gate money *****

***** \$3 for adults and \$2 for students *****