

2023 Gale Johnson Cross Country Kick-Off

Saturday, August 26th

Maple Grove Venues – West Salem, WI
W4142 CTH B West Salem, WI 54669

Date: Saturday, August 26th

Departure: 7:00 am from Coach Kuhn's room

Teams: Aquinas, Boscobel, La Crosse Central, Gale-Ettrick Trempealeau, Holmen, Onalaska Luther, Providence Academy, Sparta, West Salem, Wisconsin Dells and Onalaska

Race Schedule:

8:30 am – Course Opens For Review

10:00 am – Girls Race

10:45 am – Boys Race

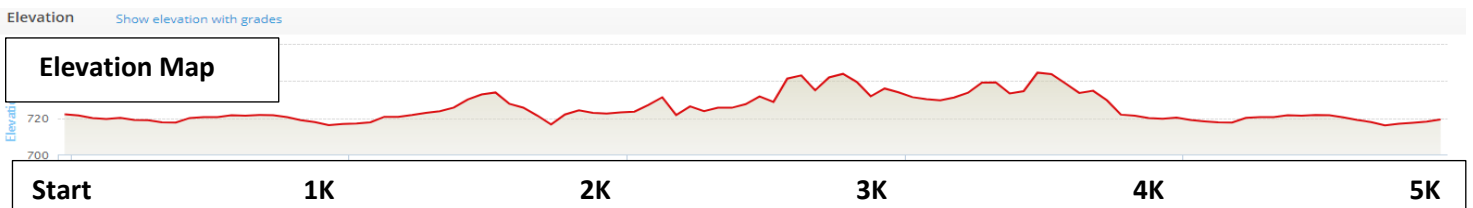
11:30 am – Awards

Spectator Parking: There is plenty of onsite parking in the upper lot at Maple Grove Venues as well as in the overflow parking area below. Spectators will be guided to where they can park once they get to the Maple Grove Venues. **ABSOLUTLY NO PARKING ON COUNTY ROAD B.**

Parking Fee: **THERE WILL BE A \$5.00 PARKING FEE. PLEASE LET YOUR PARENTS KNOW! THIS PARKING FEE Goes to the maintenance and up-keep of the cross country course. Correct change would be appreciated!**

Awards: Trophy for first place boys and girls teams. Medals for top ten finishers in boys and girls races.

Concessions: The Onalaska Athletic Booster Club will host a concessions area at the meet site.



Course Description: The start is fair and flat with the first kilometer running out and back on different straights with gentle turns. The course runs behind the starting line takes a left with a downhill section to the 1600 mark. From the second kilometer mark to the third kilometer mark the course has a series of hills, some long slopes some short abrupt ones. Rounding the back side of the course to the 3200 meter mark the course moves downhill then uphill back to the starting line area where it heads back out to the fourth kilometer mark. The last kilometer is a repeat of the first except the course breaks off for the last 350 meters to the finish line.

Course Records: Boys 15:44.8 Manny Putz, Onalaska 2022 Girls 17:28.5 Kora Malecek, Onalaska 2020

Run Like A Champion Today!

(Phase #1 – Team up and learn your PACE!)

*(Everyone will earn a Varsity letter point today; however, this race will determine our
“TOP – 7” varsity spots for our next meet)*

Male Athletes	Last Years' Time
Luke Knetter	22:08
Jack Nichols	DNR
Ryan Rockwell	DNR
Luke Sampson	19:31
Andrew Seiler	26:55
Zion Alwin	DNR
Tye Barney	20:24
Keegan Cobbs	20:09
Isaiah Hanna-Funmaker	DNR
Lukas Gruenberg	DNR
Jaren Ward	21:02
Logan Cunningham	19:45
Jonah Dietsch	DNR
Brady Hess	DNR
Mason Robenolt	DNR
Blake Schmitz	DNR

Female Athletes	Last Years' Time
Maya Michalsky	24:39
Kayla Garbacz	25:17
Sima Tollaksen	29:01
Marin Walker	29:09
Ellery Cobbs	DNR
Jenna Garbacz	DNR
Emma Landers	DNR
Bailey Paulson	DNR
Caroline Schmitz	DNR
Vanessa Tollaksen	DNR