

From First Stride to Finish Line

Building a Seamless Middle School-High School Cross Country Program

*Menomonie Cross Country –
Adam Topper & Craig Olson & Natalie Topper*

Wisconsin Cross Country Coaches Association Clinic - Jan 10, 2026



FELLOW MHS COACH

Adam Topper - UWEC Alumni

Head Girls Track

Head Boys XC

Natalie Topper is our middle school track and XC coach.



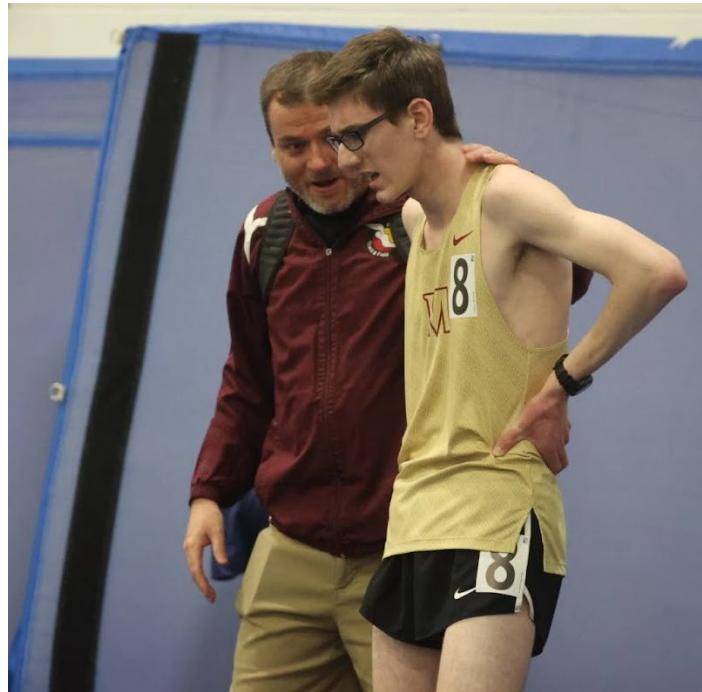
Craig Olson

Menomonie High School

Head boys track coach (MD and Hurdles)

Head girls XC coach

We were assistants in track and XC and eventually given control over the programs.



Menomonie High School

School has about 950 students, so a small D1 school.

We have great trails (the Red Cedar State Trail is very close to HS campus), some great hilly road running and very good facilities (outdoor track complex, fieldhouse with jumps pit and plant box - 12 laps to mile indoor track with 6 lane straightaway, large weight room, great cardio room, 100 acre HS campus along the Red Cedar River and our XC course is on campus). We have UW Stout in town. WE HAVE NICE STUFF.

BUT, Menomonie is a relatively poor town (40% free and reduced lunch).

Menomonie High School

We are competing against giants. Hudson and EC Memorial are in our conference, SPASH is in our track sectional. We are a small fish.

We need every single advantage we can get!

Bona Fides

Boys Conference Track Titles

-2004, 2005, 2006, 2007, 2008, 2017, 2021

Boys XC Conference Titles

-2004, 2021, 2025

Boys XC State Qualifying Teams

-2004 (6th), 2006 (8th), 2020 (5th), 2024 (15th), 2025 (8th)

Girls Conference Cross Country Championships

-2018, 2019, 2020, 2021, 2024, 2025

Girls XC State Qualifying Teams

-2014 (18th), 2016 (15th), 2020 (8th), 2021 (5th), 2023 (10th), 2024 (8th), 2025 (4th)

Division of Responsibility

Topper does - HS Meet management, MS meet management, MS timing, [website design](#), [athletic.net](#), meet entries

Olson does - Course set-up



MENOMONIE TRACK & FIELD													
BOY'S OUTDOOR		EVENTS		GIRL'S OUTDOOR		BOY'S INDOOR		EVENTS		GIRL'S INDOOR			
1967	S. Mersch	10.54	100 m	2012	P. Burke	12.5	2013	M. Smith	6.59	55 m	2014	P. Burke	7.48
1967	S. Mersch	21.14	200 m	1985	J. Joyce	25.99	2008	J. Heimler	23.64	200 m	2017	M. Davis	27.78
1991	J. Tomforh	49.83	400 m	2025	L. McCalla	59.07	1991	J. Tomforh	51.5	400 m	2011	N. Schmidt	1:02.19
2007	S. Olson	1:55.40	800 m	2025	L. McCalla	12:04.00	2007	S. Olson	2:00.23	800 m	2025	L. McCalla	1:29.94
1984	M. Huffman	4:13.30	1600 m	2025	L. McCalla	4:05.66	2007	S. Olson	4:21.16	1600 m	2025	L. McCalla	4:59.80
1984	M. Huffman	9:13.90	3200 m	2022	B. Jacobsen	10:36.57	1995	M. Huffman	9:09.60	3200 m	2022	B. Jacobsen	11:20.97
2025	N. Bier	14.47	110 / 100 h	1994	N. Hodgson	14.9	2025	N. Bier	7.57	55 h	1994	N. Hodgson	8.95
2025	N. Bier	38.70	300 h	1990	S. Jasper	46.78	2008	G. Luer	5'5"	SHOT PUT	2001	A. Martin	40'9
2008	G. Luer	59"	SHOT PUT	1998	D. Slinden	42'11.75	1988	E. Moeenberg	6'8.25	HIGH JUMP	1995	T. Jenson	5'4
2008	G. Luer	179'	DISCUS	1997	D. Slinden	160'11	1980	B. Kraft	22'6.75	LONG JUMP	1991	C. Ponto	17'1
2025	L. Williams	6'9"	HIGH JUMP	1993	H. Moss	5'5	2003	J. Barrett	14'0	POLE VAULT	2025	L. Whitman	10'0
2022	J. Williams	237	LONG JUMP	1994	H. Moss	17'9"	2022	J. Williams	45'6"	TRIPE JUMP	2018	T. Bechteler	35'4.25"
2003	J. Barret	140"	POLE VAULT	2025	J. Whitman	10'	2008	Steve, William	13:55.8	TRIPE JUMP	2018	Berndt, Hermann	1.51.6
2022	J. Williams	45'10"	TRIPLE JUMP	2012	S. Friedeckels	38'6.25	2007	Cal, Caesar	3:36.36	4 x 200 m	2025	Heinrich, Schuler	4:16.00
2016	Markie, Galloway	43.26	4 x 100 m	2017	Vagan, Heinrich,	50.11	2008	Johnson, Olaus	8:12.86	4 x 400 m	2025	Druks, McCal	9:44.41
2008	Markie, Galloway	1:30.81	4 x 200 m	2012	Heinrich, Lindberg	1:46.8	2025	Conrad, Polak, Ray	11:15.08	4 x 800 m	2025	Borchers, McCal	12:29.34
1995	Spencer, Shiloh	3:24.50	4 x 400 m	1981	Heinrich, Lindberg	4:06.90		Oliver, Clinton		DISTANCE MEDLEY RELAY			
2007	Markie, McCal	7:58.82	4 x 800 m	2025	Barrett, McCal	9:16.06							



Integrating Middle & High School Cross Country Programs

- Building continuity, culture, and long-term athlete development
- Includes meet timing training using Athletic.net

Two Ways to Integrate Programs

- All athletes practice and compete together
OR
- Separate teams, Separate coaches, but common philosophy and use several practices and meets to bring both teams together.

Why Integrate MS & HS XC Programs?

- Creates consistent training philosophy
- Improves athlete retention
- Builds team culture earlier
- Eases transition into high school athletics

Benefits for Student-Athletes

- Clear expectations and routines
- Early exposure to race-day procedures
- Reduced anxiety entering high school
- Stronger peer mentorship

Benefits for Coaches & Schools

- Streamlined communication
- Shared resources and equipment
- Aligned seasonal goals
- Stronger overall program identity

Program Structure Model

- Shared vision and coaching language
- Age-appropriate training plans
- Joint events (summer runs, meets)
- High school coach oversight and mentorship

Communication & Alignment

- Regular MS–HS coach meetings
- Shared digital calendar
- Common terminology for workouts and races



Race-Day Integration Opportunities

- Middle school races before varsity meets
- Shared warm-up areas and procedures
- HS athletes assisting MS runners
- Unified team branding
- Using HS Athletes to run a quality MS meet

Training Student Leaders

- High school athletes mentor MS runners
- Leadership through example
- Helping with pacing, warm-ups, and encouragement

Middle School Meet Operations

Overview

- Course setup
- Bib distribution
- Timing and results



Timing a MS XC Meet Using Athletic.net

- Overview of Athletic.net timing workflow
- Roster setup
- Race setup
- Recording finish order and times



Pre-Meet Setup in Athletic.net

- Create or select the meet
- Add teams and verify rosters
- Assign bib numbers
- Set race distances and divisions



Menomonie XC Invite #1 MS

 Entry Instructions MHS Campus Course, WI US Tuesday, October 7, 2025

Deadline was

 Mon Oct 6, 2025 @ 06:00 PM

999 Need Race Bibs?

Meet Configuration Options

 Participants Entries Settings RunMeet Upload Results

Meet Information

Meet Title  Venue Change**MHS Campus Course**

1715 W. 5th Street, Menomonie, WI US

 Show MapNumber of Days Website Entry BeginningMeet Video Entry Deadline

Oct 6, 2025



6:00 PM

Meet Contact  Publicly Show Contact Info

Manage

Menomonie XC Invite #1 MS

Location MHS Campus Course, WI USEvent Date Tuesday, October 7, 2025Deadline was Mon Oct 6, 2025 @ 06:00 PMEntries 999 Need Race Bibs?Entry InstructionsParticipants Entries SettingsRunMeet ●Upload Results

Meet Information

+

Race Divisions

-

Male

Name	Middle School	Meters
		3200

Display: ♂ 3,200 Meters Middle School

---	---	⌚	ID	1	Team Max	---
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High School	Middle School	College	Club	Unattached
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No Course Scoring: 5/7 (NFHS) Entries: 257 Results: 220

Female

Name	Middle School	Meters
		3200

Display: ♀ 3,200 Meters Middle School

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High School	Middle School	College	Club	Unattached
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No Course Scoring: 5/7 (NFHS) Entries: 319 Results: 273+ Add Race Division+ Add Race Division

 Entry Fees, e-Ticketing, Merch, Donation Collection...  Invoicing & Collection Not Activated



999 Race Bibs

Do you need Race Bibs & Pins?

 As a Site Supporter, you get up to **200 Free Race Bibs** per meet, as well as 3 cents discount on every bib!

Order Now!



Select All

 Invite Participants Send Email Downloads Selection Wizard Search

Invite Teams, Event Managers, Timers

all the teams and athletes attending your meet. To get started, you can  **Invite Teams** to join your meet (use the button in the toolbar above). At any time you can also use the  **Settings** tab above to further adjust your meet's configuration.Teams 9

Stats

 Email History Lock

View Entries

 Teams in Meet Group by Region Middle School 9  Altoona **Attendance****Athletes**

35

18

17

 Chippewa Falls  Confirmed

71

27

44

 Eau Claire-Delong  Confirmed

97

40

57

 Hudson  Confirmed

86

39

47

 Menomonie   Confirmed

72

34

38

 Northstar  Confirmed

45

16

29

 Notre Dame-Chippewa Falls  Confirmed

16

5

11

 Rice Lake  Confirmed

35

22

13

 South (Eau Claire)  Confirmed

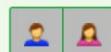
119

56

63

OFFICIAL

2 of 2 Events Completed



Teams

Enter athlete or comp #

Name	Team	Comp #	Entries	⋮
Isabel Abuan 6	EAU CLAIRE-DELONG	177 ⚡	≡ 0	⋮
Gabriella Adams 6	SOUTH (EAU CLAIRE)	274 ⚡	≡ 0	⋮
Ellie Agner 6	CHIPPEWA FALLS	435 ⚡	≡ 0	⋮
Kaisa Akau 7	SOUTH (EAU CLAIRE)	275 ⚡	≡ 0	⋮
Skylar Allard 8	CHIPPEWA FALLS	436 ⚡	≡ 0	⋮
Carson Ambroe 6	ALTOONA	1 ⚡	≡ 0	⋮
Trakk Amelse 8	CHIPPEWA FALLS	408 ⚡	≡ 0	⋮
Bennett Anderson 8	MENOMONIE	57 ⚡	≡ 0	⋮
Bryndel Anderson 7	ALTOONA	158 ⚡	≡ 0	⋮
Cooper Anderson 6	MENOMONIE	58 ⚡	≡ 0	⋮
Ellie Anderson 6	CHIPPEWA FALLS	137 ⚡	≡ 0	⋮

Add Athlete

Refresh Athletes

Assign Comp #s

Clear Comp #s

 Downloads for All (9 Teams) 

× Cancel Download

 Search

Download Options

 Age, Grade, LevelUnited States Grades  Registration ID SystemNone 

Competitor Number System

None 

Unattached Team Format

Unattached 

Download Reports

 Contacts - Team Contacts - Unattached Download File for All Teams Select which Teams' Contacts to Download

Use AthleticRUNMEET and skip the downloads!

Athletic.net's RunMeet is the easiest way to run your meet, syncing entries and results seamlessly with Athletic.net (and AthleticLIVE).

[Start RunMeet Now](#) | [Learn More](#)

Download entries for other software

Select format:

 Start RunMeet (skip the downloads & uploads) Delimited (.csv) Excel (.xlsx)

Roster.csv - Download full rosters (not entries) for attending schools

 HyTek/MeetPro/EasyMeet RunScore / RaceTab Results Form[More Options...](#)

Race-Day Timing Options

- “Run-Meet” Integrated timer
- iPad Video Timing App
 - Provides Backup for both time and finish order
- 2nd Backup timing recommended (stopwatch)

< Boys 5000 meters Varsity

×

Offset

e.g., 5:00

▶ Start Race



Boys 5000 meters Varsity



9.3

Click to record a time

Start Time

12/16/25, 9:15:53 ▾

× Ø

+ Ø

🏁 Finishers

0

1

Comp #

Time ▲





StopwatchCamera

-Add to movie-

Overlay stopwatch to Video

Open

107 RATINGS

3.3



AGES

4+

Years

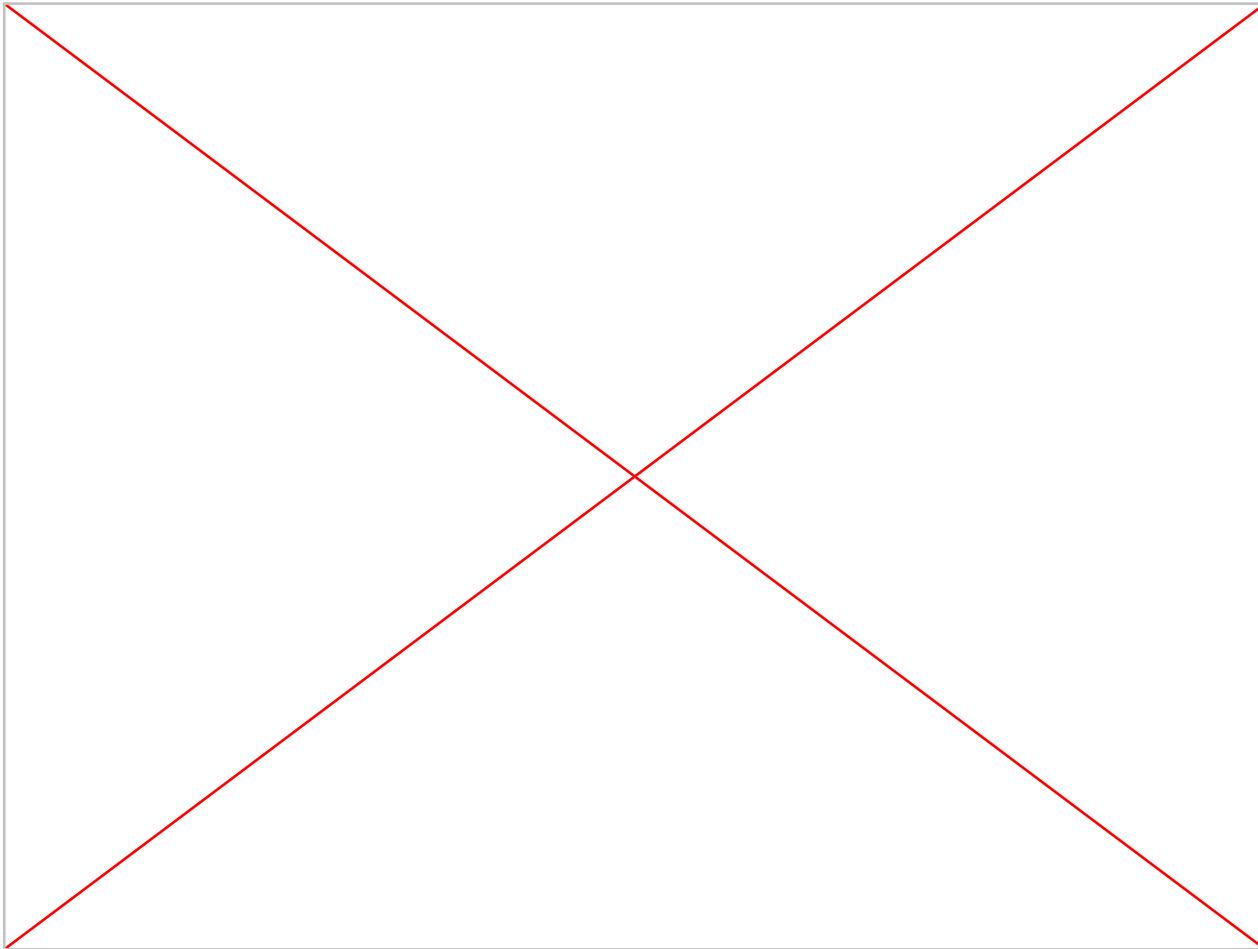
CATEGORY



Photo & Video

D

newf



[Link to
video](#)

Recording Results

- Groups recording finish order from Bibs as athletes walk through chute
- Enter finish order in Athletic.net
- Input times if required
- Verify athlete–bib matching
- Double-check for missing runners

Posting & Sharing Results

- Finalize race results
- Publish results to Athletic.net
- Share links with coaches and parents
- Export results if needed

Common Timing Mistakes to Avoid

- Athletes not wearing a Bib
- Athletes wearing the wrong Bib
- Missing backup timing
- Incomplete finish order

Training MS Coaches & Volunteers

- Pre-season timing walkthrough
- Written checklists
- Practice timing at mock meets
- Use adults in key spots, but important to have HS athletes helping and visible to MS athletes
- Assign clear roles

Long-Term Program Impact

- Higher participation rates
- Improved performance progression
- Stronger school (and program) pride
- Sustainable XC program growth

Next Steps

- Start small
- Attend a MS meet
- Get to know your MS Coaching staff
- Schedule MS–HS planning meeting
- Define shared program goals
- Offer to help (host a meet, time a meet, etc)

Questions?

MS Meet Hosting (Timing) Checklist

Pre-Meet

- Set-up meet on Athletic.net
- Send out invitations to teams
- Send reminders to teams to have them register their runners
- Order Bibs (&Pins!)
- Assign Bib numbers

Day of Meet

- Create races in RunMeet
- Assign roles for timing and recording finish order
- Use RunMeet to record times
- Enter finish order
- Double check that number of finishers matches number of times - troubleshoot if needed
- Import Times to match
- Publish completed results