

# 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	2014	P. Burke	7.48
1967	S. Mersch	21.14	200 m		1985	J. Joyce	25.99	2008	J. Heimler	23.64	2017	M. Davis	27.78
1991	J. Tomfohr	49.83	400 m		2025	L. McCalla	59.07	1991	J. Tomfohr	51.5	2011	N. Schmidt	1:02.19
2007	S. Olson	1:55.40	800 m		2025	L. McCalla	2:12.04	2007	S. Olson	2:00.23	2025	L. McCalla	2:19.94
1984	N. Huffman	4:13.30	1600 m		2025	L. McCalla	4:45.66	2007	S. Olson	4:21.16	2025	L. McCalla	4:59.80
1984	N. Huffman	9:13.90	3200 m		2022	B. Jacobsen	10:36.57	1995	M. Huffman	9:09.60	2022	B. Jacobsen	11:20.97
2025	N. Bles	14.47	110 / 100h		1994	N. Hodgson	14.9	2025	N. Bles	7.57	1994	N. Hodgson	8.95
2025	N. Bles	38.70	300 h		1990	S. Jasper	46.78	2008	G. Luer	55'4"	2001	A. Martin	40'9"
2008	G. Luer	59'7"	SHOT PUT		1998	D. Slinden	42'11.75	1988	B. Moegenburg	68.25	1995	T. Jensen	5'4"
2008	G. Luer	179'7"	DISCUS		1997	D. Slinden	160'11"	1980	B. Kraft	22'6.75	1991	C. Ponto	17'1"
1988	B. Moegenburg	6'9"	HIGH JUMP		1993	H. Moss	5'5"	2003	J. Barrett	14'0"	2025	L. Whitwam	10'0"
2022	J. Williams	23'7"	LONG JUMP		1994	H. Moss	17'9"	2022	J. Williams	45'6"	2018	T. Boettcher	35'4.25"
2003	J. Barrett	14'0"	POLE VAULT		2025	L. Whitwam	10'6"	2008	Sarah, Wray	1:35.58	2018	Bryanna, Heston	1:51.6
2022	J. Williams	45'10"	TRIPLE JUMP		2012	S. Friedenfelds	38'6.25	2007	Cal, Grayson	3:36.36	2025	Bryanna, Heston	4:16.00
2016	Wray, Grayson	43.26	4 x 100 m		2017	H. Linder	50.11	2007	Melissa, Olson	8:12.86	2025	Bryanna, Heston	9:44.41
2008	Wray, Grayson	1:30.81	4 x 200 m		2012	H. Linder	1:46.8	2025	Pratik, Ray	11:15.08	2025	Bryanna, Heston	12:29.34
1995	Wray, Grayson	3:24.50	4 x 400 m		1981	H. Linder	4:06.90						
2007	Wray, Grayson	7:58.82	4 x 800 m		2025	H. Linder	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

 MHS Campus Course, WI US

 Tuesday, October 7, 2025

 Mon Oct 6, 2025 @ 06:00 PM

999 Need Race Bibs?

 Entry Instructions

Meet Configuration Options

 Participants

 Entries

 **Settings**

 RunMeet 

 Upload Results

## Meet Information

Meet Title

 Venue

 Change

Start Date Tuesday, October 7, 2025  Edit

**MHS Campus Course**

1715 W. 5th Street, Menomonie, WI US

Show Map

Number of Days

Website

☐ Entry Beginning

Meet Video

☒ Entry Deadline    6:00 PM

Meet Contact

☐ Publicly Show Contact Info

Manage

# 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?

Participants Entries Settings RunMeet

Upload Results

## Meet Information

## Race Divisions

### Male

Name	Middle School	3200	Meters
------	---------------	------	--------

Display: 3,200 Meters Middle School

--:-- --	ID	1	Team Max	---
----------	----	---	----------	-----

High School	Middle School	College	Club	Unattached
-------------	---------------	---------	------	------------

No Course Scoring: 5/7 (NFHS) Entries: 257 Results: 220

+ Add Race Division

### Female

Name	Middle School	3200	Meters
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Display: 3,200 Meters Middle School

--:-- --	ID	2	Team Max	---
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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

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



## 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** Invite Teams, Event Managers, Timers **easy to receive entries.** This 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.

Teams9

Stats

Email History

Lock

View Entries

☐ Teams in Meet

☐ Group by Region

<input type="checkbox"/> Middle School9	Attendance	Athletes		
<input type="checkbox"/> Altoona	<div> <div>✓</div> <div>Confirmed</div> </div>	35	18	17
<input type="checkbox"/> Chippewa Falls	<div> <div>✓</div> <div>Confirmed</div> </div>	71	27	44
<input type="checkbox"/> Eau Claire-Delong	<div> <div>✓</div> <div>Confirmed</div> </div>	97	40	57
<input type="checkbox"/> Hudson	<div> <div>✓</div> <div>Confirmed</div> </div>	86	39	47
<input type="checkbox"/> Menomonie	<div> <div>✓</div> <div>Confirmed</div> </div>	72	34	38
<input type="checkbox"/> Northstar	<div> <div>✓</div> <div>Confirmed</div> </div>	45	16	29
<input type="checkbox"/> Notre Dame-Chippewa Falls	<div> <div>✓</div> <div>Confirmed</div> </div>	16	5	11
<input type="checkbox"/> Rice Lake	<div> <div>✓</div> <div>Confirmed</div> </div>	35	22	13
<input type="checkbox"/> South (Eau Claire)	<div> <div>✓</div> <div>Confirmed</div> </div>	119	56	63

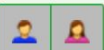
Participants
 Entries
 Settings

RunMeet ●

Upload Results

OFFICIAL

2 of 2 Events Completed



Teams ▾

Enter athlete or comp #

Add Athlete

Refresh Athletes

Assign Comp #s

Clear Comp #s

Name ▲	Team	Comp #	Entries
Isabel Abuan 6	EAU CLAIRE-DELONG	177	
Gabriella Adams 6	SOUTH (EAU CLAIRE)	274	
Ellie Agner 6	CHIPPEWA FALLS	435	
Kaisa Akau 7	SOUTH (EAU CLAIRE)	275	
Skylar Allard 8	CHIPPEWA FALLS	436	
Carson Ambroe 6	ALTOONA	1	
Trakk Amelse 8	CHIPPEWA FALLS	408	
Bennett Anderson 8	MENOMONIE	57	
Bryndel Anderson 7	ALTOONA	158	
Cooper Anderson 6	MENOMONIE	58	
Ellie Anderson 6	CHIPPEWA FALLS	437	

 Downloads for All (9 Teams) 

 Cancel Download

 Search

### Download Options

 Age, Grade, Level United States Grades 

 Registration ID System

None 

# 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

9.3

Click to record a time

Start Time

12/16/25, 9:15:53 ▼



🏁 Finishers

0

Comp #

Time ▲



1



# StopwatchCamera

## -Add to movie-

Overlay stopwatch to Video

Open

107 RATINGS

3.3



AGES

4+

Years

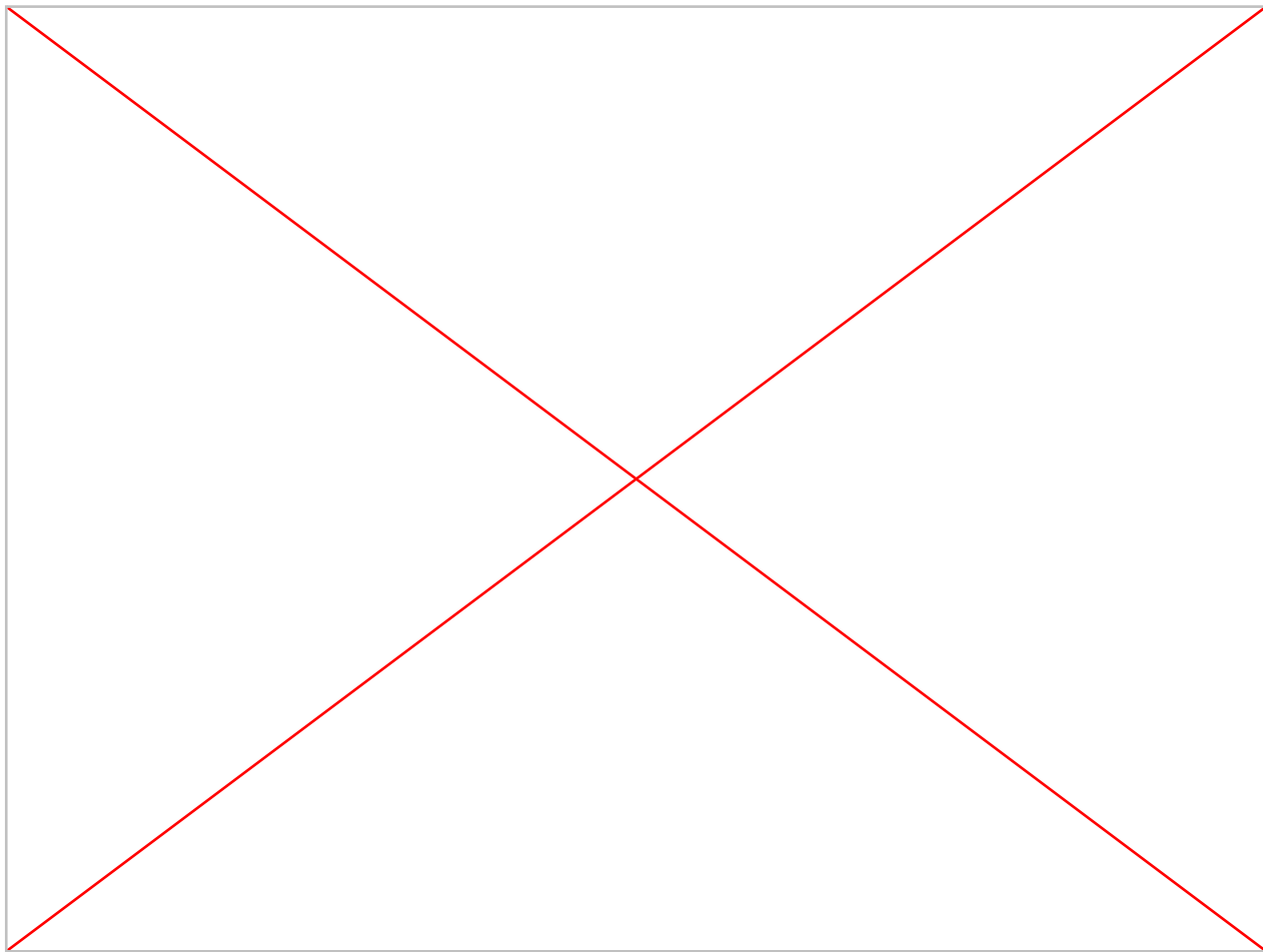
CATEGORY



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](https://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