

St. Joseph Lancer Invitational
UW- Parkside National Cross Country Course
Tuesday – August 29, 2017

TIME SCHEDULE:

4:30 pm 5K Girls Varsity Race – unlimited entries

5:15 pm 5K Boys Varsity Race – unlimited entries

NEW COURSE THIS YEAR – JR5K

AWARDS – by the shed about 20 minutes following the 5K race

AWARDS:

Trophies for the **Top 2** - Boys and Girls Teams

Medals for individual place finishers **1-15** in both Races

New Course: The wear and tear caused by the number of high school meets and the number of HS teams practicing on the 5K course has resulted in serious wear problems on the UWPXC course. UWP did not want to ban teams from practicing on the course. Therefore they devised a new high school 5k course which is named the JR5K. Please see the attached map. It is basically the 4K course until just before the 2M mark. It then follows the regular 5K course in reverse and finishes like the 4K/8K. The seven regular season high school meets this season, including the D1 Sectional, will be run on the new JR5K course.

We allow an unlimited number of runners to participate in each of the races, however only the First **SEVEN** finishers from each school will count for team scoring. Varsity runners do not need to be declared. The top seven finishers from your team will automatically become the varsity.

ROSTERS: Rosters must be emailed to the Wisconsin Runner at wisrun@gmail.com. They must be submitted on the downloadable excel XC roster form on the Wisconsin Runner homepage www.wisconsinrunner.com. Simply download the form, save it to your computer (include your school name in the file title), complete and save the form and then e-mail it. Make sure you have first name, last name, gender and year in school listed for all athletes. **Rosters are due by 8:00 pm on Friday August 25th.** If you have any problems, please contact the Wisconsin Runner at (262)633-0033. Teams that submit their rosters late will be assessed a \$25.00 late fee which must be paid race day. Do not convert the excel file to a pdf.

Timing: Wisconsin Runner will be timing and scoring for the meet using the state-of-the-art MyLaps disposable chip system in conjunction with Finish Lynx **Ether Lynx Photo Finish** and **Identi Lynx Video** Cameras. Results will be posted to: www.wisconsinrunner.com/results. during the meet. On Thursday night prior to the meet a meet start list and course map, as well as general meets information and updates, will be posted to the WR website.

** Coaches please pick up a team packet in the shed when you arrive at the course.
At that time please make any additions or subtractions to your rosters for the meet.

RESULTS : Made available on the Wisconsin Runner web site & Athletic.net
The Kenosha News/Racine Journal/Milwaukee JS will also be notified

Entry fees are due on or before August 29. Thank you

PARTICIPATING SCHOOL LIST :

Brookfield Academy
Shoreland Lutheran
Milwaukee Messmer
St. Anthony – Milwaukee

Hope Christian
Dominican
Kenosha St. Joseph
Wilmot

Kenosha Christian Life
Living Word Lutheran
Salam School - Milwaukee
Sheboygan Lutheran

If we can be of any help before race, please feel free to contact us.

Jon Furreness -- Cross Country Coach
Email – jfurreness@sjcawi.org
School – (262) 654-8651 / Cell 262 344-9545

David Witthun – Athletic Director
Email – dwitthun@sjcawi.org
School – (262) 654-8651

Wayne E. Dannehl

NATIONAL CROSS COUNTRY COURSE

JR5K

ESTABLISHED 2017

