

St. Joseph Lancer Invitational
UW- Parkside National Cross Country Course
Tuesday – August 29, 2023

TIME SCHEDULE:

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

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

Note – JR 5k Course this year [JR 5k Course Map](#)

AWARDS CEREMONY FOLLOWS THE COMPLETION OF THE LAST RACE

AWARDS: Trophies for the **Top 2** - Boys and Girls Teams
Medals for individual place finishers **1-15** in both Races

[Meet History](#)

JR 5K COURSE- The course is the newer of the UW-Parkside 5000 meter courses. **Please see the attached map.** All high school meets, including conference and sectional meets will be run on this 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.

Athletic Trainer: St. Joe's will have an athletic trainer available at the finishing area.

TEAM ENTRY: Coaches go to: <https://milesplitwi.com> and make sure that you are listed as a coach for your school with your correct email address. "Go to teams, then scroll to your school, go to edit team, then click on coaches." If you are on the list add your name and email.

Entries are due by 8:00 pm on Saturday, August 26th. If you have any problems, please contact the Wisconsin Runner at (262)633-0033.

Teams that do not submit their rosters by the entry deadline will be assessed a \$25.00 late fee which must be paid race day. Late entries 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 email it to: wisrun@gmail.com.

Timing: Wisconsin Runner will be timing and scoring for the meet using the Race Result disposable chip system in conjunction with Finish Lynx **Ether Lynx Photo Finish** and **Identi Lynx Video** Cameras. Results will be posted to: <https://www.wisconsinrunner.com/results/2023/2023stjoelancerinvite/> . during the meet. On Monday night prior to the meet a meet start list, as well as general meet 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

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

PARTICIPATING SCHOOL LIST : 11

Kenosha Christian Life
Living Word Lutheran
DASH
Heritage Christian

Shoreland Lutheran
St. Joseph
Sheboygan Lutheran
Ozaukee

Dominican
The Prairie School
Messmer

PARKING: All participants & spectators should come in on Highway E and then turn left onto HY JR to access the UW-Parkside Physical Education or Communication Arts parking lots located off of Hwy JR east of the course. There is no participant drop off on Highway JR. No parking is allowed in any of the Petrifying Springs parking lots – this includes participants, coaches and spectators. Handicap Parking (with Permit) is allowed in the lot immediately North of the course on HY JR.

SPECTATORS: The admission fee per spectator is \$3.00 for 17 & Under, Seniors and \$6.00 for 18+.

SITE PROCEDURES: Teams (participants, alternates, coaches, trainers and managers) must enter the meet site together. When an athlete leaves the facility, they will not be allowed to re-enter the site.

TENTS & GROUND TARPS are allowed.

There is a large “Athletes Only” area behind the finish line area. This area is restricted to competing athletes, coaches and officials. This is where athletes leave their gear bags and water bottles.

All warmups and cool down running MUST be done on the Parkside course. Athletes should be in the designated team area when they are not warming up, racing or cooling down.

Meet Official – John Miller

CONCESSIONS: The UW-Parkside Athletic Department will operate a concession stand on the course for the duration of the event. Hot foods, snacks and beverages will be sold.

Policies are subject to change if local, state or University System guidelines and mandates dictate so.

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

Jenny Kenesie – Athletic Director
Email – jkenesie@sjcawi.org
School – (262) 654-8651

Starting Boxes – Jon Furreness Lancer Invitational

- #1 **Kenosha Christian Life**
- #2 **Sheboygan Area Lutheran**
- #3 **Shoreland Lutheran**
- #4 **Living Word Lutheran**
- #5 **Kenosha St. Joseph**
- #6 **Ozaukee**
- #7 **DASH**
- #8 **The Prairie School**
- #9 **Heritage Christian**
- #10 **Messmer**
- #11 **Dominican**