40th ANNUAL HILLTOPPER INVITATIONAL

Saturday, September 21, 2019 St. Lawrence Seminary Mt. Calvary, WI



Welcome to the 42^{nd} annual Hilltopper Invitational. The following information will be helpful to you and to the efficient running of the meet.

- 1. We will stick as close as possible to the time schedule. We ask for your help by making sure that your runners are at the starting point promptly.
- 2. We ask that coaches and runners stay well back from the finish chute. The official time will be read electronically.
- 3. The boy's and girl's course is the same, 5000m.
- 4. Lane assignments will be randomly prior to the day of the meet
- 5. PT Timing will be timing the event.
- 6. The awards ceremony will take place on the softball field shortly after the fun run. Awards include: 3 team trophies for the boys' and girls' varsity runs, a first place trophy for the boys and girls JV runs, medals for the top 20 individuals in the varsity races, and medals for the top 20 runners in the boys and girls JV races.
- 7. We will begin the "Open Fun Run" after the boys JV race. The Fun Run is open to all! All runners for the "Fun Run" must sign a waiver form before the race begins. Forms are available at the registration tent.
- 8. Copies of each team and individual results will be available to coaches after the award ceremony.
- 9. Seven runners will be allowed to run the varsity girls and boys race.

Chad Dowland-Athletic Director St Lawrence High School <u>cdowland@stlawrence.edu</u> 753-7500 ext 7516

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The deadline for entries on the PTTiming

website is

Wednesday, September 18, 2019

by noon.

HILLTOPPER TIMES

9:00 AM Course Tours 10:00 AM Girls Varsity 10:45 AM Boys Varsity 11:15 AM Boys & Girls JV **12:15 PM FUN RUN** AWARDS 1:00PM