

## WELCOME TO THE FALCON INVITE

- ❖ **LOCATION:** Fox River Park
- ❖ **RACE TIMES:** 4:15 p.m. all girls and 5:00 p.m. all boys
- ❖ **DATE:** October 6<sup>th</sup>, 2018

Coaches,

Welcome to the annual Falcon Invite. We are running our meet at Fox River Park again this year (directions are attached). Both the boys and girls will be running the 5K; however, the course has been changed slightly from previous years because of the installation of a new playground at the previous finishing line.

Participating schools include: Big Foot, East Troy, Elkhorn, Greendale, Indian Trail, The Prairie School, Racine St. Cats, Shoreland Lutheran, South Milwaukee, Whitnall, Wilmot and host Westosha Central.

We will keep our format the same and run just two races. All girls run at 4:15 p.m. and all boys run at 5:00 p.m. **You will NOT need to designate seven varsity runners when submitting your lineup to Wisconsin Runner.** We will use the top seven finishers from your team for varsity scoring. The remainder of your athletes will comprise of your junior varsity team.

Wisconsin Runner will be doing the timing and scoring for the meet using the state-of-the-art MyLaps chip timing. Results will be posted to: <http://wisconsinrunner.com/results/2018falcon.php>. during the meet. On Wednesday night prior to the meet, a meet start list will be posted to the WR website.

Rosters must be e-mailed to Wisconsin Runner at [wisruntiming@gmail.com](mailto:wisruntiming@gmail.com). Rosters must be submitted on the downloadable excel xc roster form on the Wisconsin Runner homepage [www.wisconsinrunner.com](http://www.wisconsinrunner.com). Simply download the form, save it to your computer (include your school name in the file name), complete and save the form and then e-mail it. **Rosters are due by 8:00 pm on Sunday, September 30<sup>th</sup>.**

Additions/corrections may be made on race day. If you have any problems, please contact Wisconsin Runner at (262) 633-0033. Teams that submit their rosters after the deadline will be assessed a **\$25.00 late fee**. Send a current roster even if you competed in a meet that Wisconsin Runner has scored earlier in the season.

**Starting Boxes:**

- |                    |                       |
|--------------------|-----------------------|
| 1. Wilmot          | 8. The Prairie School |
| 2. Shoreland       | 9. Racine St Cat's    |
| 3. Big Foot        | 10. East Troy         |
| 4. Whitnall        | 11. Elkhorn           |
| 5. Westosha        | 12. Indian Trail      |
| 6. South Milwaukee |                       |
| 7. Greendale       |                       |

**Awards**

- Plaque to champion team of boys and girls races.
- Medals to the top 10 finishers in each race at the awards ceremony and 11-20 given out in the shoot.

The course is hilly with trails and spikes are recommended. Bathrooms and an athletic trainer will be available. We will also be selling Falcon Invite t-shirts.

We look forward to hosting you in our invite. If you have any questions, please call me at

Keith Olsen: (262) 843-2321 ext. 240, or (262) 914-4096.

**Directions to Fox River Park**

From the East go past the high school approximately ½ mile to Hwy F and turn left. Follow F over the Fox River Bridge and into the main entrance to the park on the left. Please drop off in Lot #1 and park in Lot #3.

From the West on Hwy 50, turn right (south) on Hwy W and follow the road along the Fox River until you reach a four way stop. Turn left (east) on Hwy F and Fox River Park will be on the right side (south) of the road.

