

St. Joseph Lancer Invitational
UW- Parkside National Cross Country Course
Tuesday – September 1, 2015

TIME SCHEDULE :

4:30 pm 5K Girls Varsity Race – unlimited entries
<http://www.uwp.edu/map/5K.pdf> - course map

5:15 pm 5K Boys Varsity Race – unlimited entries
<http://www.uwp.edu/map/5K.pdf> - course map

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

ENTRY : 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 : WISCONSIN RUNNER will be providing entries and scoring for our meet again this year. PLEASE ENTER YOUR ROSTERS ONLINE- www.wisconsinrunner.com Click on the “High School Meet Roster Spreadsheet” in the top left corner of the webpage, download and save that excel spreadsheet to your computer. Fill out the excel spreadsheet with your roster information and then email it to the Wisconsin Runner at: wisrun@execpc.com by **8:00pm on Thursday, August 27th**. Please include alphabetically, the full names and grade levels of all your runners. Make sure that your rosters arrive promptly. **NOTE – UWP charges \$5 admission for fans attending**

** Coaches please pick up a team packet in the shed when you arrive at the course on Tuesday, September 1st. At that time please make any additions or subtractions to your rosters for the meet.

RESULTS : Available in the shed following the Awards Ceremony
Results will also be made available on the Wisconsin Runner web site
The Kenosha News/Racine Journal/Milwaukee JS will also be notified

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

Entry fees are due on or before September 1st. Thank you

PARTICIPATING SCHOOL LIST :

Brookfield Academy
Shoreland Lutheran
Milwaukee Messmer
St. Anthony – Milwaukee

Martin Luther
Hope Christian
Kenosha St. Joseph
Wilmot

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

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School – (262) 654-8651

Home – (262) 344-9545

David Witthun – Athletic Director

Email – dwitthun@sjcawi.org

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