

Kenosha County Championship

UW- Parkside National Cross Country Course

Thursday – September 28, 2023

TIME SCHEDULE: 4:30 pm 5K Boys Race
 5:15 pm 5K Girls Race

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

AWARDS CEREMONY FOLLOWS THE COMPLETION OF THE LAST RACE

An unlimited number of runners are allowed 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 for the purpose of team scoring.

TEAM ENTRY: Teams can enter the meet on Milesplit WI at <https://www.milesplit.com>

Entries are due by 8:00 pm on Saturday, September 23rd. 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. On Wednesday night prior to the meet a meet start list, as well as general meet information and updates, will be posted to the WR website at <https://wisconsinrunner.com/results/2023/2023kenoshacountychampionships/>

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: Made available on the Wisconsin Runner web site & Athletic.net

Coaches please pick up a team packet in the shed when you arrive at the course on Thursday. At that time, please finalize your race day roster.

AWARDS : Traveling Trophy for 1st Place Teams / Medals for individual place finishers 1-16 in both Races
Places 1-8 : 1st Team All-County / Places 9-16: 2nd Team All County

Athletic Trainer: Shoreland Lutheran will have an athletic trainer available at the finishing area.

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

Corey Schmidt
Cross Country Coach
Email – cschmidt61@slhs.us
School – (262) 859-2595
cell – (262) 325-0935

Matt Grow
Director of Athletics
Email – growm@slhs.us
School – (262) 859-2595

Starting Boxes

#1 – Kenosha Tremper

#2 – Shoreland Lutheran

#3 – Kenosha Bradford

#4 – St. Joseph

#5 – Westosha Central

#6 – Christian Life

#7 – Kenosha Indian Trail

#8 - Wilmot