

# St. Joseph Lancer Invitational

## UW- Parkside National Cross Country Course

### Tuesday – September 3, 2019

#### TIME SCHEDULE :

4:30 pm 5K Girls Varsity Race – unlimited entries  
5:15 pm 5K Boys Varsity Race – unlimited entries  
3<sup>rd</sup> Year of NEW COURSE – JR5K

**AWARDS – by the shed about 20 minutes following the last race**

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

**JR5K COURSE** The course is the new UW-Parkside JR 5000 meter course that was introduced two years ago. 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.

**ROSTERS :** Rosters must be emailed to the Wisconsin Runner at [wisruntiming@gmail.com](mailto:wisruntiming@gmail.com). They 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 title), complete and save the form and then e-mail it. Make sure you have first name, last name, gender and year in school listed for all athletes. **Rosters are due by 8:00 pm on Friday, August 30th.** If you have any problems, please contact the Wisconsin Runner at (262)633-0033. Teams that submit their rosters late will be assessed a \$25.00 late fee which must be paid race day. Do not convert the excel file to a pdf.

**Timing:** Wisconsin Runner will be timing and scoring for the meet using the state-of-the-art MyLaps disposable chip system in conjunction with Finish Lynx **Ether Lynx Photo Finish** and **Identi Lynx Video** Cameras. Results will be posted to: [www.wisconsinrunner.com/results](http://www.wisconsinrunner.com/results). during the meet. On Thursday night prior to the meet a meet start list and course map, 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 September 3rd. Thank you**

#### PARTICIPATING SCHOOL LIST : 16

Brookfield Academy		Christian Life
Shoreland Lutheran	Dominican	Living Word Lutheran
Messmer	St. Joseph	The Prairie School
St. Anthony	Wilmot	Sheboygan Lutheran
Westosha Central	DASH	Heritage Christian
Ozaukee	Salam	

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

**Jon Furreness -- Cross Country Coach**  
Email – [jfurreness@sjcawi.org](mailto:jfurreness@sjcawi.org)  
School – (262) 654-8651 / Cell 262 344-9545

**David Witthun – Athletic Director**  
Email – [dwitthun@sjcawi.org](mailto:dwitthun@sjcawi.org)  
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# Wayne E. Dannehl NATIONAL CROSS COUNTRY COURSE

## JR5K

ESTABLISHED 2017

