

2019 Verona CC Invitational-43rd Annual-Sept 7, 2019

Welcome to the Verona Invitational, a great way to start your CC season. You will be running in one of Wisconsin's largest prep cross country races. **We will be running at the High School course this year on county trunk M. (1/2 mile north of HWY 151)**

email- Randy.Marks@verona.k12.wi.us and rtmarks@tds.net ANY QUESTIONS?

Entry Fees- \$ 155.00 per squad(\$ 310.00 for both boys and girls teams) \$ 30.00 extra for middle school teams Please contact your AD's to get the entry fee in promptly. Thanks.

You must run at least your top five runners in the varsity race!

Northwest Designs T shirts will be on sale – prices vary

Awards: Team Championship plaques for the top 2 teams in each varsity division. **The Bill Niederberger Award and Lisa Lubich Award** will be awarded for the teams with the lowest overall total in each varsity race. Individual awards: medals for runners 8-40 in each varsity race. The top seven in each race will be awarded statuettes. Junior varsity awards will be medals for the top 30 in each race. There will also be medals for the top freshman and sophomore in the meet.

Pick up chips and maps at the concessions stand

8:10 am- Coaches meeting at Concessions

8:30 am- Middle school 2.4K run 6th,7th, and 8th grade girls and boys-

NO TEAM Scores- medals top 3 in each grade for middle school.

9:00 am - Girls Varsity- 5K

9:40 am - Boys Varsity- 5K

10:20 am- Girls JV- 5K

11:00 am – Boys JV- 5k

11:40 am -Open 5K- Must sign waver at concession stand to run. No athletes who have run in the earlier HS races may run the open race!! If heat index is in a dangerous range the open race may be shortened or canceled. There is no entry fee for the open race.

12:40 pm- awards

Scoring : CHIP TIMING!! EACH RUNNER WILL WEAR ONE CHIP AND WILL CROSS THE TIMING WIRE AND BE TIMED AND PLACED IN THAT MANNER. JV RUNNERS and middle school runners WILL WEAR ONE CHIP. WE ASK THAT RUNNERS, PARENTS, AND MANAGERS DO NOT REENTER THE FINISH AREA WITH CHIPS AS THESE MAY BE ACCIDENTALLY RECORDED AGAIN. **We are looking into using disposable chips this year worn on bib numbers that do not need to be returned**

Entry Information: Do NOT include athletes you KNOW will NOT be able to run. Changes can be made race day but we want to minimize these as PT charges by the chip entered. Please enter on line at www.pttiming.com

Entries will open up at noon one week prior to our event and **MUST BE COMPLETED** two days prior to our event at 11:59AM(BEFORE NOON) Thursday, September 5th.

Missed deadlines cost \$50 extra to open the site.

Please: Send a team photo in digital form to this address:

Heidi@g3programs.com