

2013 Verona CC Invitational-37th Annual-Sept 7, 2013

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- \$ 125.00 per squad(\$ 250.00 for both boys and girls teams) \$ 25.00 per runner for incomplete teams. Please contact your AD's to get the entry fee in promptly.

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

Tech short SleeveT-Shirts will be on sale. \$ 20.00

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 the top 30 runners in each varsity race. The top seven in each race will also be awarded statuettes. Individual winners in each varsity race will also receive a distinctive plaque. 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. Each member of the winning varsity teams will also receive a medal.

Schedule 9:00 am - Girls Varsity- 4K

9:40 am - Boys Varsity- 5K

10:20 am- Girls JV- 4K

11:00 am -Boys JV- 5K

11:40 am -Open 5K- no entry fee- parent-coaches- fans

12:30 pm- awards

Scoring : CHIP TIMING!! EACH VARSITY RUNNER WILL WEAR ONE CHIP AND WILL CROSS THE TIMING WIRE AND BE TIMED AND PLACED IN THAT MANNER. JV RUNNERS WILL WEAR ONE CHIP. WE ASK THAT RUNNERS, PARENTS, AND MANAGERS DO NOT REENTER THE FINISH AREA WITH CHIPS AS THESE MAY BE ACCIDENTIALLY RECORDED AGAIN.

Entry Information: Do NOT include athletes you KNOW will NOT be able to run. If in doubt list them. 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

Send a team photo in digital form to this address: dave@wilemanprograms.com

* If you are not planning on running in this year's meet please email or call asap.