



Red Knights & Lions Cross Country Meet

Wednesday, September 23rd, 4:00pm –
6:00pm

Milwaukee Lutheran High School | 9700 W.
Grantosa Dr., Milwaukee



Hosts: Milwaukee Lutheran & Immanuel Lutheran

For: 1st – 8th Grade (Co-Ed)

RSVP: Abbie Amling & Kyle Jagler aamling@milwaukeeelutheran.org & kjagler@immanuelbrookfield.org

Entry Fees:

1-10 Runners: \$50

11-20 Runners: \$75

21-30 Runners: \$100

31-40 Runners: \$125

41-50 Runners: \$150

51-75 Runners: \$175

76-100 Runners: \$200

CONTINUED USE OF PT TIMING! Entry fees will be used to provide PT timing and ensure accurate times for your athletes. This will help to provide a great experience for all athletes. You will be sent a link and directions on how to register each athlete.

Mail Entry Fee: Milwaukee Lutheran High School | Attn: Abbie Amling | Address Above

Registration Time: 4:00-4:20pm

Coaches Meeting: 4:15pm

Starting Time: 4:30pm

Awards: Medals for the top three finishers in each race

Results: The scoreboard will be run, and times provided via email after the conclusion of the meet.

Schedule of Events:

4:30pm – Grades 4, 5, & 6 Girls Race (1 Mile)

4:45pm – Grades 4, 5, & 6 Boys Race (1 Mile)

Award Ceremony for 4, 5, & 6 Grade Races

5:05pm – Grades 1, 2, & 3 Girls Race (1/2 Mile)

5:20pm – Grades 1, 2, & 3 Boys Race (1/2 Mile)

Award Ceremony for 3rd & Under Races

5:35pm – 7 & 8 Girls Race (1 ½ Miles)

5:50pm – 7 & 8 Boys Race (1 ½ Miles)

Award Ceremony for 7 & 8 Races

Runners: Please have your runners at the start line 5 minutes before the start of the race and not before. Runners need to be in their starting boxes 2 minutes before the race begins.

Concessions: We will have concessions available for purchase inside the Fieldhouse.

Restrooms: These are available inside the fieldhouse.

Entrance & Security: Our EVOLV weapons detection system will be used to maintain a safe and secure atmosphere for all guests. All spectators, coaches, and runners should enter through the Fieldhouse.

We look forward to a safe and fun event for all! Please reach out to Abbie & Kyle with any questions.