



Wisconsin Lutheran High School

Cross Country Invitational

Thursday, October 6, 2022

McCarty Park, West Allis



Wisconsin Lutheran High School is pleased to host you for the **44th Annual Wisconsin Lutheran Viking Cross Country Invitational**. The Invitational will be held at McCarty Park in West Allis.

Team busses MUST be parked on the parkway to the south of the course. There are no dressing facilities available.

1. **Coaches Meeting**

The will not be a formal coaches meeting. If you have questions, please see meet management (Eric Lueck, Blair Schaper, Josh Seeger, Micah Hernandez, Hannah Leverage) at the tent.

2. **Team Packets**

Pick up your team packet at the PT Timing Van. The pick-up includes your assigned, bib numbers and pins, course maps.

3. **Time Schedule**

PLEASE NOTE THE STARTING TIMES.

3:30pm	Girls JV Race	5000 meters
4:10pm	Boys JV Race	5000 meters
4:45pm	Girls Varsity Race	5000 meters
5:15pm	Boys Varsity Race	5000 meters
5:55pm	Awards	

4. **Awards/Results**

The awards ceremony will take place at the conclusion of the meet. Results are immediately available to you online at PT Timing. (In the case of bad weather, we will place all individual medals into envelopes and award them to the head coaches.)

Varsity -- Team Champ and Runner Up Trophies

 -- Medals to top 2 Teams

 -- Medals to top 25 place

JV -- Team Champion trophy

 -- Medals to 20 places

5. **Officials**

John Woreck & Robert Kern

6. **Entries**

Online via...Prime Time Timing.

Varsity teams may have 8 runners, 5 score.

Junior Varsity teams are unlimited in number, top 5 score

7. **Starting Box Assignments**

The starting position for each team is listed on the enclosed Starting Box Assignment Sheet.

8. **Medical Coverage**

The Sports Medicine Center of Froederdt Hospital will provide us with a certified trainer on site for all races. You can contact Trainer Carrie Getka through the meet management.

The trainer will have supplies on hand for the meet, but we ask that you bring your own "normal" set of supplies. We will have ice on hand for emergency situations.

9. **Invitational T-Shirts**

We will have T-Shirts for sale to commemorate this
44th Annual Cross Country Invitational.

They will be long sleeved and sell for \$15.00.

