

2023 Verona CC Invitational-47th Annual-Sept 2, 2023

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 new Stewarts Woods Cross Country course behind the new Verona Area High School just off the bypass using exit 76 Epic Lane**

Over the 46 year history of the Verona Invitational the meet has hosted over 20 state individual champions and numerous state championship teams at all three divisions. Our new Stewarts Woods course is brand new and has hosted only one meet last spring. We feel it is a challenging and beautiful course to run with a nice mix of open flats and beautiful wooded vistas with some hills to challenge the runners. We hope you will enjoy the race and most of all have fun in this early season classic event in southern Wisconsin cross country. Sincerely- Coach Randy Marks VAHSCC

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

Entry Fees- \$ 175.00 per squad(\$ 350.00 for both boys and girls teams) \$ 30.00 extra for middle school teams Please contact your AD's to get the entry fee in by the end of August.

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. Individual awards: medals for runners 8-40 in each varsity race. The top seven in each varsity race will be awarded glass awards. Junior varsity awards will be medals for the top 20 in each race. There will also be medals for the top freshmen in the meet.

Pick up bibs and maps at the concessions stand

8:10 am- Coaches meeting at Concessions

8:30 am- Middle school 2.6K run 6th,7th, and 8th grade girls and boys- medals top 3 in each grade for middle school.

9:00 am - Boys Varsity- 5K

9:40 am – Girls Varsity- 5K

10:20 am- Boys JV- 5K

11:00 am – Girls 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. .12:40 pm- awards at the high school stadium/track area.

Scoring : We will use disposable bib chips again this year- **WE ASK THAT RUNNERS, PARENTS, AND MANAGERS DO NOT REENTER THE FINISH AREA WITH Bip 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 per Pttiming instructions attached.

Please tell your parents and fans that ABSOLUTELY no pets are allowed on the course or parking lots. This is a WIAA rule for all outdoor sporting events and a Stewart's Woods Course rule.

Please: Send asap a team photo in digital form to this address - brooke@g3programs.com

Please send asap so we can get all teams in the program-thanks

