



Wauwatosa East Athletic Department

7500 Milwaukee Avenue, Wauwatosa, WI 53213

Andrew Thompson (Athletic Director) 414-773-2014

Sue Flatley (Admin Asst) 414-773-2032 Fax 414-773-2022

To: Athletic Directors & Cross Country Coaches
Brookfield Central (Boys), Cedar Grove-Belgium, DSHA, Pius XI, Shorewood

From: Andrew Thompson – Wauwatosa East
RE: Tosa East Scrimmage

The Tosa East XC Scrimmage will be held on **Saturday, August 24th 2024 at Hart Park**
[7300 Chestnut Street](#)
[Wauwatosa, WI 53213](#)

TIME: First race 8:30 (Girls 1600m)
Coaches Meeting 8:00 AM at the finish line.

ENTRY FEE: Please submit the fee associated with the meet contract and send this to Andrew Thompson @ Wauwatosa East.

CONCESSIONS: The Tosa East booster club will be providing the concessions.

TRACK: The track surface is Sealflex. Spikes not beyond ¼” (no x-mas trees or pins).

ENTRIES:

We are using pttiming / milesplit for meet entries:

<https://pttiming.com/event.php?mid=1720&pt=schedule>

Scratches and heat movement are allowed. Please keep any additional entries to a minimum. No team scores will be kept.

THE ENTRY DEADLINE IS FRIDAY (8/23) AT NOON

To have heats with about the same number of athletes, ALL athletes will need a seed time, even if you have to make an educated guess about what it will be.

The 1600m races are intended for newer or inexperienced runners.

ADDITIONAL INFO:

Water and bathrooms will be available. Limited areas for team camps/tents are also available.

Athletes will check in for their heat near the storage shed on the NW corner of the track. The time schedule will be followed, so please listen to the calls for each heat.

A trainer will be on-site during the scrimmage.

ORDER OF EVENTS:

Runners will get chest & hip numbers at the northwest end of the track, then check in with the clerk of course. All hip numbers should be placed on the LEFT HIP and LEFT CHEST.

TIME SCHEDULE: Final heat assignments will be available at the coaches' meeting.

8:00 Coaches Meeting
8:30 Girls 1600m
8:45 Boys 1600m
9:00 Tosa East Senior Athlete Introductions
9:15 Girls 3200m (1)
9:35 Boys 3200m (1)
10:00 Girls 3200m (2)
10:20 Boys 3200m (2)
10:40 Girls 3200m (fastest)
11:00 Boys 3200m (fastest)
11:20 Alumni/Parents/Friends of XC 3200m
(no official times, but will have a running clock)

Any questions contact:

Andrew Thompson, Tosa East AD
414-773-2014

thompsan@wauwatosa.k12.wi.us

Glen Gardiner, Girls XC Head Coach
414-690-2044

gardingl@wauwatosa.k12.wi.us

Mac Laska, Boys XC Head Coach
414-234-0885

laskama@wauwatosa.k12.wi.us