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2024 Lightning Cross Country Invitational
Saturday, October 5, 2024

SCHEDULE:

Check In: 8:30 AM to 9:30 AM
Coaches Meeting: 9:30 AM

Boys Varsity/JV - 10:00 AM
Girls Varsity/JV - 10:45 AM

ONLINE ENTRY REQUIRED: This event is being timed by PT Timing. The deadline to register your runners is Thursday, October 3 at NOON.

REGISTER HERE:
https://wi.milesplit.com/login/register?next=https://wi.milesplit.com/meets/632910/registration

Participating Schools [Box Number]: Catholic Memorial [7], Central Wisconsin Christian [5], Heritage Christian [10] Lake Country Classical [1], Lake Country Lutheran [8], Martin Luther [11], Messmer [9], Milwaukee Lutheran [4], Ozaukee [2], St. Augustine Prep [3], University Lake School [12], Waukesha South [6]

Entry Fees: $75 for JV & Varsity Girls / $75 for JV & Varsity Boys / $150 total if sending both Girls and Boys teams**.**

Coach Packet Pick Up: Coaches can pick up team packets starting at 8:30 AM at the Ewald Family Sports Pavilion. The packet will include your list of the runners, course maps, 2 coach food tickets for you to use at the concession stand, and your chipped bibs.

Course Information: The course is marked with two solid white boundary lines wherever possible. Runners are allowed one step outside the white lines. A second consecutive step outside the lines can result in disqualification. The course will be open for inspection starting at 8:30 AM. See separate attachment for course map.

Awards: Top 10 Varsity runners will receive medals. Top runners and 1st Place teams (5-7 runners) will receive medals during the awards ceremony held in the football stadium after the final race has concluded.

Tent Area: Schools are welcome to set up their team tents between the baseball field fence and walking path. Please speak with the Race Director or AD if you have questions about where to set up your team tent.

Athletes Only Finish Area: A fenced area past the finish line will have water in it for the racers. ONLY Athletes are allowed in this area. Once they exit the postrace area, they will not be allowed back in.

Uniforms: Please be aware that this is a championship meet. NFHS/WIAA uniform rules will be in effect. Please make sure that your athletes adhere to the undergarment colors, logos, accessories, jewelry, and rolling of shorts rules for uniforms. The meet official and referee will be enforcing these rules.

Concessions & Restrooms: Concessions and restrooms will be available during the event at the Ewald Family Sports Pavilion. The main school building will not be open.

Parking: Spectator and bus parking is available in the main lot and on Campus Drive.

THERE IS NO PARKING IN THE NORTH LOT.

We look forward to a great day of racing!

Andy Thomson – Athletic Director (athomson@lakecountryhs.org)

Mark Newman – Meet Director (mnewman@lakecountryhs.org)