



Wisconsin Lutheran High School Cross Country Invitational

Thursday, October 10th, 2024

McCarty Park, West Allis



Wisconsin Lutheran High School is pleased to host you for the **45th Annual Wisconsin Lutheran Viking Cross Country Invitational**. The Invitational will be held at McCarty Park in West Allis.

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

1. **Coaches Meeting**

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

2. **Team Packets**

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

3. **Time Schedule**

PLEASE NOTE THE STARTING TIMES.

3:30pm	Girls JV Race	5000 meters
4:05pm	Boys JV Race	5000 meters
4:45pm	Girls Varsity Race	5000 meters
5:20pm	Boys Varsity Race	5000 meters
6:00pm	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 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**

Mr. Bill Haury, Mr. Robert Kern

6. **Entries**

Online via...Prime Time Timing and Milesplit WI.

Varsity teams may have 8 runners, 5 score.

Junior Varsity teams are unlimited in number, top 5 score

7. **Starting Box Assignments**

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

8. **Medical Coverage**

The Sports Medicine Center of Froedtert 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 45th Annual Cross Country Invitational. They will be short sleeved and sell for \$15.00.

