

**St. Joseph Lancer Invitational**  
**UW- Parkside National Cross Country Course**  
**Tuesday – August 30, 2016**

**TIME SCHEDULE :**

**4:30 pm 5K Boys Varsity Race – unlimited entries**  
<http://www.uwp.edu/map/5K.pdf> - course map

**5:15 pm 5K Girls Varsity Race – unlimited entries**  
<http://www.uwp.edu/map/5K.pdf> - course map

**AWARDS – by the shed about 20 minutes following the 5K race**

**ENTRY :** We allow an unlimited number of runners to participate in each of the races, however only the First **SEVEN** finishers from each school will count for team scoring. Varsity runners do not need to be declared. The top seven finishers from your team will automatically become the varsity.

**ROSTERS :** WISCONSIN RUNNER will be providing entries and scoring for our meet again this year. PLEASE ENTER YOUR ROSTERS ONLINE- [www.wisconsinrunner.com](http://www.wisconsinrunner.com) Click on the “High School Meet Roster Spreadsheet” in the top left corner of the webpage, download and save that excel spreadsheet to your computer. Fill out the excel spreadsheet with your roster information and then email it to the Wisconsin Runner at: [wisrun@execpc.com](mailto:wisrun@execpc.com) by **8:00pm on Thursday, August 25<sup>th</sup>**. Please include alphabetically, the full names and grade levels of all your runners. Make sure that your rosters arrive promptly. **NOTE – UWP charges \$5 admission for fans attending**

\*\* Coaches please pick up a team packet in the shed when you arrive at the course on Tuesday, August 30<sup>th</sup> . At that time please make any additions or subtractions to your rosters for the meet.

**RESULTS :** Available in the shed following the Awards Ceremony  
Results will also be available on the Wisconsin Runner web site & Athletic.net  
The Kenosha News/Racine Journal/Milwaukee JS will also be notified

**AWARDS :** Trophies for the **Top 2** - Boys and Girls Teams  
Medals for individual place finishers **1-15** in both Races

Entry fees are due on or before August 30<sup>th</sup> . Thank you

**PARTICIPATING SCHOOL LIST :**

Brookfield Academy  
Shoreland Lutheran  
Milwaukee Messmer  
St. Anthony – Milwaukee

Hope Christian  
Dominican  
Kenosha St. Joseph  
Wilmot

Christian Life  
Living Word Lutheran  
Salam School - Milwaukee  
Sheboygan Lutheran

If we can be of any help before race, please feel free to contact us.

**Jon Furreness -- Cross Country Coach**  
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**David Witthun – Athletic Director**  
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