

14th Annual Wisconsin State Cross Country Championship for Lutheran Schools

When: Saturday, October 7, 2023

Where: Concordia University Wisconsin – Course is across the street from main campus (south of campus)

Scheduled Times: Boys at 12:00 PM Girls at 1:00 PM, In the case of inclement weather the girls' race may be moved up to immediately follow the boys' race

Race Distance: 2 miles

Course: Flat and very spectator friendly - one lap plus on a large open field.

Divisions: All runners of all grades will race in their respective division (girls/boys) and count toward team scoring and individual awards. There is no limit to the number of runners on each team. Team scoring will count the top 5 placing runners for each team. It is not required that a school has a complete team to have runners compete for individual awards.

Qualifying for National Meet:

On October 21st, the National Lutheran Cross Country Championships will be hosted at Concordia University, Wisconsin. The state meet will be the qualifying meet. This year, runners must run in the state meet to be eligible for the national meet. The number of teams that qualify for the national meet will depend on the number of teams that participate in state meet. Most years have had the top 4 or 5 girls' and boys' teams qualify. The top 7 individuals (7-8th grade and 6th grade and under) who are not on qualifying teams will qualify to run as individuals. National Meet director is Russ DeLap who can be contacted at russell.delap@cuw.edu.

Awards: The top two teams in state for boys and for girls will receive a team trophy. The top seven runners on the state champion team and state runner up team will receive team medals. Overall (all grade levels) individual awards will be given for first team all state (runners 1-7), second team all state (runners 8-14), and third team all state (runners 15-21). All participating runners receive a commemorative T-shirt.

Entry Fee: \$15 per runner. Make check payable to LSA Wisconsin and send to the address below.

Parking: Please park in the lots north of Highland Road (across the street from the course). Parking is not allowed on Highland Road. Parking will be limited due to numerous university activities scheduled for this day.

Concessions: There will a limited selection of concessions available at the meet. Thank you to First Immanuel, Cedarburg for helping to coordinate this.

Deadline to request a free commemorative T-shirts for runners is noon September 24. Please email shirt requests for each runner and up to 2 coaches per school to kevinriemer@aol.com with the counts for each size of Tshirts needed by your runners. Size options are Youth S, M, and L and Adult S, M, L, and XL.

Deadline to register is 8PM on Wednesday October 4. Entries will be completed on Milesplit WI race management website.

Website: lsawi.org

Race Director: Kevin Riemer kevinriemer@aol.com, 262-424-7016

LSA Wisconsin mailing address for entry checks:

LSA Wisconsin

W170 N8736 Edgewood Pl

Menomonee Falls, WI 53051-2715