

# St. Joseph Lancer Invitational

## UW- Parkside National Cross Country Course

### Tuesday – August 28, 2018

#### TIME SCHEDULE:

4:30 pm 5K Boys Varsity Race – unlimited entries  
5:15 pm 5K Girls Varsity Race – unlimited entries  
2<sup>nd</sup> Year of NEW COURSE – JR5K

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

#### AWARDS:

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

**JR5K COURSE** The course is the new UW-Parkside JR 5000 meter course that was introduced last fall.. Please see the attached map. All high school meets, including conference and sectional meets will be run on this course.

Go to: <http://wisconsinrunner.com/parkside/> for a course map and I-94 road construction information.

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. The top seven finishers from your team will automatically become the varsity.

**Timing:** Wisconsin Runner will be timing and scoring for the meet using the state-of-the-art MyLaps disposable chip system in conjunction with Finish Lynx **Ether Lynx Photo Finish** and **Identi Lynx Video** Cameras. Results will be posted to: <http://wisconsinrunner.com/results/2018lancerinvite>. during the meet. On Thursday night prior to the meet a meet start list and course map, as well as general meets information and updates, will be posted to the WR website.

#### PARTICIPATING SCHOOL LIST :

Brookfield Academy  
Shoreland Lutheran  
Messmer  
St. Anthony  
DASH

Hope Christian  
Dominican  
St. Joseph  
Wilmot  
Westosha Central

Christian Life  
Living Word Lutheran  
The Prairie School  
Sheboygan Lutheran