

# St. Joseph Lancer Invitational

## UW- Parkside National Cross Country Course

### Tuesday – September 3, 2019

#### TIME SCHEDULE :

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

**AWARDS – by the shed about 20 minutes following the last 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 UW-Parkside JR 5000 meter course that was introduced three years ago. All high school meets, including conference and sectional meets will be run on this course.

An unlimited number of runners per team may 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.

**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/2019StJosephLancerInvite.php> during the meet. On the Monday night prior to the meet a meet start list will be posted to the WR website.

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#### PARTICIPATING SCHOOL LIST

Brookfield Academy  
Shoreland Lutheran  
Messmer  
St. Anthony  
Westosha Central  
Ozaukee

Dominican  
St. Joseph  
Wilmot  
DASH  
Salam

Christian Life  
Living Word Lutheran  
The Prairie School  
Sheboygan Lutheran  
Heritage Christian