

St. Joseph Lancer Invitational

UW- Parkside National Cross Country Course

Tuesday – September 2, 2025

TIME SCHEDULE:

4:30 pm 5K Boys Varsity Race – unlimited entries
5:15 pm 5K Girls Varsity Race – unlimited entries
AWARDS CEREMONY FOLLOWS THE COMPLETION OF THE LAST RACE

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

COURSE: This is the original UW-Parkside 5K route. Runners will run through the woods from 1 ¼ to 1 ½ miles (not down the main straightaway). This is the course on which all high school meets will be conducted this fall. A digital display clock will serve as the official countdown for each race, with additional clocks positioned at the 1-mile, 2-mile, and 3-mile marks to provide split times.

ONCE THE BOYS RACE HAS BEGUN, warmups on the course are limited to following the race in progress. Team may not warmup “randomly” on the course while the girls race is in progress.

TEAM ENTRIES: Teams will enter the meet on athletic.net. You will be sent an entry invitation by athletic.net which will also include entry instructions. **ENTRIES ARE DUE by 8:00 PM SATURDAY, AUGUST 30TH.** If you have any problems, please contact the WISCONSIN RUNNER (262-633-0033). Teams that do not submit their rosters by the entry deadline will be assessed a \$25.00 late fee which must be paid Race Day. You can update or correct your entry at race day check-in.

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.

Athletic Trainer: St. Joe’s will have an athletic trainer available at the finishing area.

Timing: Wisconsin Runner will be timing and scoring for the meet using the Race Result disposable chip system in conjunction with Finish Lynx **Ether Lynx Photo Finish** and **Identi Lynx Video** Cameras.

Results will be posted to the Wisconsin Runner website during the meet at:

https://www.wisconsinrunner.com/results/2025/St_Joseph_Lancer_Invite/

On Monday night prior to the meet a meet start list, as well as general meet information and updates, will be posted to the WR website

PARTICIPATING SCHOOL LIST :

Kenosha Christian Life	Shoreland Lutheran	Dominican	Living Word Lutheran
St. Joseph	The Prairie School	DASH	Sheboygan Lutheran
Racine St. Catherine’s	Messmer	Heritage Christian	Ozaukee Catholic Central

PARKING: All participants & spectators should come in on Highway E and then turn left onto HY JR to access the UW- Parkside Physical Education or Communication Arts parking lots located off of Hwy JR east of the course. There is no participant drop off on Highway JR. No parking is allowed in any of the Petrifying Springs parking lots – this includes participants, coaches and spectators. Handicap Parking (with Permit) is allowed in the lot immediately North of the course on HY JR.

SPECTATORS: The admission fee per spectator is \$3.00 for 17 & Under, Adults & Seniors and \$5.00

SITE PROCEDURES: Teams (participants, alternates, coaches, trainers and managers) must enter the meet site together. When an athlete leaves the facility, they will not be allowed to re-enter the site.

TENTS & GROUND TARPS are allowed.

There is a large “Athletes Only” area behind the finish line area. This area is restricted to competing athletes, coaches and officials. This is where athletes leave their gear bags and water bottles.

All warmups and cool down running MUST be done on the Parkside course. Athletes should be in the designated team area when they are not warming up, racing or cooling down.

Meet Official – John Miller

CONCESSIONS: The UW-Parkside Athletic Department will operate a concession stand on the course for the duration of the event. Hot foods, snacks and beverages will be sold.

Policies are subject to change if local, state or University System guidelines and mandates dictate so.

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| #1 | Kenosha Christian Life |
| #2 | Sheboygan Area Lutheran |
| #3 | Shoreland Lutheran |
| #4 | Living Word Lutheran |
| #5 | Kenosha St. Joseph |
| #6 | Ozaukee |
| #7 | DASH |
| #8 | The Prairie School |
| #9 | Heritage Christian |
| #10 | Racine St. Catherine's |
| #11 | Dominican |
| #12 | Catholic Central |
| #13 | Messmer |