

Aug. 26, 2019

Coaches,

The following is information for our 34th annual Arrowhead Cross Country Invitational on Thursday, Sept. 12.

1. Time Schedule:

3:50 Boys Freshman 5,000 M. Run

4:25 Girls JV 5,000 M. Run

5:05 Boys JV 5,000 M. Run

5:40 Girls Varsity 5,000 M. Run

6:10 Boys Varsity 5,000 M. Run

2. Participating schools are: Arrowhead, Brookfield East, Catholic Memorial, DSHA (girls), Franklin (girls), Germantown, Hamilton, Homestead, Janesville Craig, Kenosha Indian Trails, Kettle Moraine, Madison Memorial (girls), Marquette (boys), Middleton, Mukwonago (boys), Nicolet, Oconomowoc, Pewaukee, Shorewood (girls), Waukesha South (girls), West Bend West, Whitefish Bay.

3. **Use the campus entrance at Arrowhead Drive. The Hwy K entrance will be blocked off!**

Teams should be dropped off by the soccer stadium on the south side of north campus just behind the team camp areas. There is no room to park buses or even turn around in the small lot adjacent to the team camping area. Buses will find plenty of room to park in the lots south and east of the north campus building. **Teams may not camp in the trees on the north side of the course.**

4. **We will be using chip timing provided by PT Timing Inc. You must do your entries online by going to their website: [www.pttiming.com](http://www.pttiming.com) The site will be available for entries the week before the race. Your entries need to be completed and each individual's race indicated by **Tuesday, Sept. 10 by noon.** Teams not completing their entries on time will be assessed a \$50 fine by PTTiming.**

5. Race packets and chips may be picked up at the finish line when you arrive. The coaches must return their chips after the meet.

6. Awards will include 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place trophies for the varsity and 1<sup>st</sup> and 2<sup>nd</sup> place trophies for JV & Frosh races. The individual awards will be:

Varsity - medals 1-25

JV – medals 1-10

Freshman – medals 1-10

7. You may run 8 runners in the varsity race while the JV and Frosh races are unlimited entries.

8. Special Sport Tech T-shirts will be sold as well as full concessions. Please let your teams know about this.

9. <http://www.youtube.com/watch?v=Oc9C3a7zr3o> (video link to view the course).

10. **Dogs are not allowed per WIAA rules – Please advise your parents**

If you have any questions, contact Ryan Mangen at 262-369-3612 ext. 4203 or Mike Mulrooney at 262-751-6316 or e-mail: [arrowheadcc@gmail.com](mailto:arrowheadcc@gmail.com)

See you the 12th!