

St. Joseph Lancer Invitational
UW- Parkside National Cross Country Course **Tuesday – August 31, 2021**

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

CLASSIC 5K COURSE- The course is the original UW-Parkside 5000 meter course.
All high school meets, including conference and sectional meets will be run on this course.

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.

PARTICIPATING SCHOOL LIST : 15

Brookfield Academy	Kenosha Christian Life	Hope Christian
Shoreland Lutheran	Dominican	Living Word Lutheran
St. Joseph	The Prairie School	DASH
Sheboygan Lutheran	Westosha Central	Messmer
Heritage Christian	Ozaukee	Saint Anthony(G)

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 and \$6.00 for 18+.

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. Every athlete must bring their own water bottle. **DO NOT SHARE WATER BOTTLES.** All individuals must bring their own hand sanitizer. **TENTS & GROUND TARPS** are allowed. No tent sides are permissible.

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. No group coolers or group supplied beverages or food are allowed. Coolers of ice for athletic training purposes are allowed. All warmups and cooldown 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. They should be limited mingling with spectators.

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.

If we can be of any help before race, please feel free to contact us.

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