



79th ANNUAL MIDWEST INVITATIONAL

hosted by Janesville Craig

Saturday, September 24, 2016

Blackhawk Golf Course, Janesville, WI

We're excited your team will be participating in the Midwest Invitational. Thank you for making it great!

1. Directions: I-90 to Janesville; Exit E. Racine St. (exit 174A); turn left on Palmer Dr. (1st stop light); the start/finish area is located at the intersection of Palmer Dr. and Sharon Rd.
2. Updates: Use the Janesville Craig Cross Country Facebook page for updates regarding race information, photos, and results.
3. Rules: Our meet is governed by W.I.A.A. regulations.
4. Registration: **CHANGES FOR 2016!**

FIRST CHANGE - Each team **MUST** have at least five runners start the varsity race.

SECOND CHANGE - We have a community 5K that will take place before the high school event. We welcome coaches, parents, and spectators to join the fun. There is no day-of registration. Go to 'GetMeRegistered.com' and search "Midwest 5K", or follow this link: <http://bit.ly/2bu9RIC>. Registration ends 9/21 at 11:59 PM for the community event.

THIRD CHANGE - We have partnered with Sports Management Associates, Inc. for our timing this year. Please note the registration changes:

Deadlines: Registration opens Wednesday, September 7 and closes at midnight on Wednesday, September 21. Coaches are encouraged to upload rosters early.

Step 1: Go to <http://www.harriersolutions.com>.

Step 2: On the left side of the screen, click 'Cross Country Entries'.

Step 3: Either sign in, or click 'New Coach Sign Up' on the left side of the screen.

Step 4: Add your 'Organization Info' if you have not done this for another race.

Step 5: Add your 'Athletes' by entering each one or uploading your roster. Follow the instructions to upload your roster.

Step 6: Click 'Home' on the left and select 'Midwest Invitational'. Select the race for each athlete on your team (F/S, Varsity, JV). Keep in mind you **MUST** register at least five into the varsity race that will be racing.

Frosh/Soph 7 runners max

Varsity 7 runners max (At least five must enter and start the varsity race)

JV unlimited entries

**There will not be any chip collection due to the bib timing system.



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5. Course: The course is relatively flat around the outside of the golf course with occasional road crossing. There is one significant hill in the first 800m of the race and another in the last 1000m. It's properly marked with a painted alley that covers the entire course. Your athletes will run inside the lines at all times. We do have pace and trail vehicles for all races, as well as flags at road crossings and unattended areas of the course. Please remind your athletes to remain inside the alley lines at all times. See the course maps attached in your email.

HS girls and boys 5000 meters with 1 & 2-mile splits provided
4th-8th grade 1600 meters

6. Results: There will be no paper results. All meet results will be available online at www.harriersolutions.com immediately following the event.

7. Time schedule:

Volunteer meeting	7:45 AM	Finish area
Coaches meeting	8:00 AM	Finish Area
Midwest Community 5K - Registration ends 9/21 at 11:59 PM - 1 & 2-mile splits provided	8:15 AM	register: http://bit.ly/2bu9RIC No official finishers after 9:05; course will close at 9:05.
Frosh/Soph HS Girls	9:05 AM	9:55 awards tent
Frosh/Soph HS Boys	9:45 AM	10:35 awards tent
Varsity HS Girls	10:20 AM	11:10 awards tent
Varsity HS Boys	10:55 AM	11:45 awards tent
JV HS Girls	11:30 AM	12:20 awards tent
JV HS Boys	12:10 PM	1:00 awards tent
4th-8th B/G Mile*	12:45 PM	1:15 awards tent

*Coaches who wish to bring 4th-8th grade runners for the 12:45 p.m. race **MUST contact** coach Jennifer Johns (rdy2run@hotmail.com) for approval and instructions for registration. Race entry restricted to local conference and runners affiliated with registered high school. We will cap numbers.



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8. Awards: No ceremony. Awards will be presented at the awards tent at the times indicated above; professional photos will be taken at the tent as well.
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|------------|---|
| JV | Medals 1 st – 20 th |
| Frosh/Soph | Two team trophies, medals 1 st – 20 th |
| Varsity | Three team trophies, individual trophies for team champions, trophy for individual champions, medals 2 nd – 30 th |
| 4th-8th | Top 3 medals each gender and grade level; participation ribbons |
8. Courtesy: Please advise your athletes and fans to stay off all greens and tee boxes. Additionally, all of us need to remain out of Rotary Gardens, west of the starting area. **They are hosting weddings on race day.** We'd like to maintain a positive relationship with these two organizations in order to continue the Midwest Invitational. Thank you!
9. Appeals: Jon Hegge (WIAA starter)
Tom Mueller (WIAA starter)
Dick Lambrecht (WIAA starter)
Brian Lawton (meet manager, Janesville Craig)
Michael Butscher (Lake Geneva Badger boys' coach)
Mark Little (Janesville Parker girls' coach)
10. Parking: Parking is available at the Blackhawk Golf Course lots. There are roughly 75 spaces available and the lots are expected to close early. No buses are allowed in these lots. Palmer Park (north off Racine St.) and Palmer Dr., west of Sharon Rd., has space as well. These areas require a walk to the course, so plan accordingly. Please note Palmer Dr., between Racine St. and Sharon Rd. will be closed to traffic as the event begins.
11. Photos: Hundreds of photos from the event are provided as a courtesy to all athletes, schools, media and families. Go to www.facebook.com/CraigCrossCountry. These are professional photos and may be copied at no charge. They are usually available by early Monday after the event. You can also visit www.loizzo.com, select 'photos for sale'-->'sports'-->'high school cross country' and access the same photos at no charge.



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Lane	School	Lane	School
1	Delavan-Darien	22	Beloit Memorial
2	Milton	23	South Milwaukee
3	Whitewater	24	Boscobel
4	Lake Geneva Badger	25	Mount Horeb
5	DeForest	26	Middleton
6	Burlington	27	Darlington
7	Janesville Craig	28	LaCrosse Logan
8	Belleville	29	Whitnall
9	Kenosha Bradford	30	Rockford Guilford, IL
10	Wisconsin Dells	31	Mequon Homestead Boys & Wisconsin Lutheran Girls
11	Westby	32	Beaver Dam
12	Platteville	33	Sun Prairie
13	Janesville Parker	34	Warren Township, IL
14	Monona Grove	35	Stoughton
15	Dodgeville-Mineral Point	36	Houston MacArthur, TX
16	Kimberly	37	Madison LaFollette
17	Waunakee	38	Elkhorn
18	Madison Memorial	39	Oregon
19	Hartland Arrowhead	40	Madison West
20	Oconomowoc	41	Beloit Turner
21	Neenah	42	Monroe