

## 2014 Wisconsin State Cross Country Championship for Lutheran Schools

When: Saturday, October 11, 2014

Where: Concordia University Wisconsin – Course is across the street from main campus (south of campus)

Time: Girls at 12 Noon, Boys at 1 PM

Race Distance: 2 miles

Course: Flat and very spectator friendly - one lap plus on a large open field.

Divisions: All runners of all grades will race in their respective division (girls/boys) and count toward team scoring and individual awards. There is no limit to the number of runners on each team. Team scoring will count the top 5 placing runners for each team. It is not required that a school has a complete team to have runners compete for individual awards.

### Qualifying for National Meet:

On October 25<sup>th</sup>, the Concordia University, Wisconsin National Lutheran Cross Country Championships will be hosted at CUW. The state meet will be the qualifying meet.

- A. Top 7 seventh and eighth grade level individual runners, excluding any qualifying team members, qualify for the national meet.
- B. If we have 5 full teams(5 or more runners) or less teams competing, the top 3 teams qualify.
- C. If we have 8 full teams competing, the top 4 teams qualify.
- D. If we have 10 full teams or more competing, the top 5 teams qualify.
- E. Top 7 sixth grade and under level individual runners can qualify individually as there will be a 6<sup>th</sup> grade and under division for individuals at the national meet. There will not be a 6<sup>th</sup> grade and under division for teams at the national meet.
- F. Any team that qualifies can take all runners to the national meet but must have run in the state meet (if your state hosts a state meet) or has run in any meet prior to the national meet while representing your Lutheran school if your state does not host a state meet.
- G. Contact Russell De Lap for national meet information at [russell.delap@cuw.edu](mailto:russell.delap@cuw.edu).

Awards: The top two teams in state for boys and for girls will receive a team trophy. The top seven runners on the state champion team and state runner up team will receive team medals. Overall (all grade levels) individual awards will be given for first team all state (runners 1-7), second team all state (runners 8-14), and third team all state (runners 15-21). All participating runners receive a commemorative T-shirt.

Entry Fee: \$15 per individual runner, \$40 per boys or girls team (for up to 12 runners, \$3 per additional runner). Example: A school enters 10 boys runners and 18 girls runners. The entry fee is \$40 for the boys and \$58 for the girls for a \$98 total for the school. Make check payable to LSA Wisconsin.

Parking: Please park in the lots north of Highland Road (across the street from the course).

Deadline to register is Saturday, September 27. Fill out form and submit electronically by the deadline. Mail the signed copy of the form with entry fee to address below.

Website: [lsawi.org](http://lsawi.org)

Race Director: Kevin Riemer [kevinriemer@aol.com](mailto:kevinriemer@aol.com), 262-424-7016

LSA Wisconsin mailing address:

LSA WI

PO Box 13474

Wauwatosa, WI 53213