



82nd ANNUAL MIDWEST INVITATIONAL

hosted by Janesville Craig

Saturday, September 28, 2019

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 175); turn left on Palmer Dr. (1st stop light); the start/finish are located at the intersection of Palmer Dr. and Sharon Rd.
2. Updates: Use the Janesville Craig Cross Country Facebook page (www.facebook.com/craigcrosscountry) for updates regarding race information, photos, and results.
3. Rules: Our meet is governed by W.I.A.A. regulations.
4. Timing: We have partnered with In Focus Timing for our timing this year, including 1 and 2 mile splits for the 5k races. We will again use bib timing tags so there will be no need for chip collection after the event.
5. Registration: Each team **MUST** have at least five runners start the varsity race. We have partnered with In Focus Timing for our timing this year. Please note the registration procedure below:

Deadlines: Registration opens Saturday, September 14th and closes at midnight on **Wednesday, September 25th**. Coaches are encouraged to upload rosters early.

We will take entries through Athletic.net. If you are not familiar with this site, you can find registration instructions [here](#). **Please note that for the Middle School race, you must have a Middle School account on Athletic.net, which will be separate from your High School account.** If you have any questions, please contact IFT@InFocusTiming.com.

Course:

We will be using the loop course that was created last year. After garnering feedback from coaches, athletes, and spectators, we learned this helped make the races more exciting with more spectator participation and more cheering for athletes. To help limit/eliminate lapped runner concerns, we have changed to the race set up as described above.

The course will be properly marked with a painted alley covering the entire course. Please remind your athletes to remain inside the alley lines at all times.

We do have pace and trail vehicles for all races, as well as flags at unattended areas of the course. There are no road crossings on this course. The course has a significant uphill that is run three times and several quick dips on a long, downward portion. A video of the course will be sent the week of the race for coaches to share with their teams.



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

MAJOR CHANGES - PLEASE READ FULLY: In order to host the best meet possible, we have made some race modifications in order to reduce lapping of runners and enhance the racing experience for all athletes. For each gender, there will be a “Varsity Race”, a “Blue Race”, and a “White Race”.

The Varsity Race will consist of no fewer than 5, and no more than 7, of the team’s BEST RUNNERS. It is imperative that you put, at a minimum, your 5 best runners in the Varsity Race. This keeps this race the fastest and most competitive race and reduces lapping concerns. If a team is putting their fastest runners in the non-varsity race, they may be asked not to return to the Midwest Invitational. We appreciate having you all and hope this never becomes a concern!

The Blue Race will have a time cut-off for entries. Coaches can use their discretion, but should be accurate with their athletes abilities. **For 2019, the Blue Race boy’s time cut-off is a 20:33 5k and the Blue Race girl’s time cut-off is a 24:59 5k cut-off.** This means that the Blue Race will consist of a team’s fastest NON-VARSITY runners all the way down to runners who can/have run the cut-off times, or faster. This will again avoid major lapping concerns and ensure a highly competitive race. The cut-off times were determined based on previous meet results and should better balance the number of athletes in the Blue and White races to make the races somewhat equal in participant size.

The White Race will include all other runners on a team that cannot run the Blue Race cut-off time. For boys, this means runners who are slower than 20:33, and for girls, this means runners who are slower than 24:59. This will again minimize lapping concerns while keeping race sizes roughly equal. Another benefit to this policy allows athletes who typically never have a chance to be in the “front pack” or have a chance to win a race the opportunity to potentially realize those experiences. Coaches should again use their discretion with placing athletes in the race. However, no athletes faster than 20:33 for boys, and 24:59 for girls, should be placed in the White Race.

We feel that these innovative racing changes will continue to keep the Midwest Invitational one of the premier cross country races in the nation and we hope to continue growing and improving the meet each year. Should you have any questions, please don’t hesitate to reach out to Janesville Craig Coach Brandon Miles at bmiles@janesville.k12.wi.us with concerns.

Please note below:

Blue Race unlimited entries

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

White Race unlimited entries

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



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6. Results: There will be no printed results. All meet results will be available online:
- Live results on race day: <http://infocustoming.com/live/>
 - Official results will be posted to Athletic.net at the conclusion of the meet.

7. Time schedule:

| | | |
|-------------------------------------|----------|-------------------|
| Volunteer meeting | 7:45 AM | Finish Area |
| Coaches meeting | 8:00 AM | Finish Area |
| Blue Race Girls (24:59 cut off) | 9:05 AM | 9:55 awards tent |
| Blue Race Boys (20:33 cut off) | 9:45 AM | 10:35 awards tent |
| Varsity HS Girls (Top 5-7) | 10:20 AM | 11:10 awards tent |
| Varsity HS Boys (Top 5-7) | 10:55 AM | 11:45 awards tent |
| White Race HS Girls (25:00+ racers) | 11:30 AM | 12:20 awards tent |
| White Race HS Boys (20:34+ racers) | 12:15 PM | 1:00 awards tent |
| 4th-8th B/G Mile* | 12:50 PM | 1:20 awards tent |

*Coaches who wish to bring 4th-8th grade runners for the 12:50 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.

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.
- Blue Race Medals 1st – 30th
- Varsity Three team trophies, individual trophies for team champions, trophy for individual champions, medals 2nd – 40th
- White Race Medals 1st – 30th
- 4th-8th Top 5 medals each gender and grade level

9. 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 our neighbors in order to continue the Midwest Invitational. Thank you!



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10. Appeals: John Hegge (WIAA starter)
Bill Semmens (WIAA starter)
Dick Lambrecht (WIAA starter)
Brandon Miles (meet manager, Janesville Craig)
Michael Butscher (Lake Geneva Badger boys' coach)
Mark Little (Janesville Parker girls' coach)
11. 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. Golf cart shuttles available from Palmer Park area (Racine St. and Palmer Dr. intersection).
12. 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 for information after the meet. 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'-->'high school cross country' and access the same photos at no charge.
13. Medical: Mercy Sports Medicine has a tent in the finish area to assist athletes with medical needs. Squads from the Janesville Police Department and an ambulance are on site as well.
14. Lane Assignments - Lane assignments were selected at random.

| Lane | School | Lane | School |
|------|--|------|----------------------|
| 1 | Madison West | 24 | East Troy |
| 2 | Kenosha Bradford | 25 | Kenosha Indian Trail |
| 3 | Neenah | 26 | Whitewater |
| 4 | Dodgeville Mineral Point | 27 | Mount Horeb |
| 5 | Belleville | 28 | Darlington |
| 6 | Shorewood (Boys) / Hinsdale Central (IL) Girls | 29 | Beloit Turner |
| 7 | Milton | 30 | Beaver Dam |



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|----|---|----|---|
| 8 | Janesville Craig | 31 | Monroe |
| 9 | Green Bay Preble (Boys) / Divine Savior (Girls) | 32 | Stoughton |
| 10 | Whitnall | 33 | Franklin |
| 11 | Brookfield East (Boys)/Waukesha South (Girls) | 34 | Middleton |
| 12 | Homestead | 35 | Wisconsin Dells |
| 13 | Sun Prairie | 36 | Kimberly |
| 14 | South Milwaukee | 37 | Beloit Memorial & Nicholas Holmes (Indiv) |
| 15 | Elkhorn | 38 | Delavan |
| 16 | Monona Grove | 39 | Rockford Guilford (IL) |
| 17 | Arrowhead | 40 | Janesville Parker |
| 18 | La Crosse Logan | 41 | Oconomowoc |
| 19 | Warren Township (IL) | 42 | Ladue Horton Watkins (MO) Boys |
| 20 | Madison La Follette | 43 | Madison Memorial |
| 21 | Badger | 44 | Houston MacArthur (TX) |
| 22 | Oregon | 45 | Waunakee |
| 23 | Platteville | | |