



# 83rd ANNUAL MIDWEST INVITATIONAL

hosted by Janesville Craig

Saturday, September 25, 2021

Blackhawk Golf Course, Janesville, WI

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## Updates 9/20/2021:

[Course Video](#) -We highly recommend you watch on 2x speed (click gear to open)  
[Lane Assignments](#) -Randomly chosen. All boxes are laser measured for accuracy.  
[Meet History](#)  
[Course Map \(Color\)](#)    [Course Map \(Black and White\)](#)

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. (1<sup>st</sup> 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](http://www.facebook.com/craigcrosscountry)) for updates regarding race information, and results.
3.     Rules:            Our meet is governed by W.I.A.A. regulations.
4.     Timing:           We have partnered with In Focus Timing and Movin' Shoes 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:     Registration opens **Thursday, September 2nd** and closes at 11PM on **Wednesday, September 22nd**. Teams will submit their entries through [MileSplit.com](http://MileSplit.com). The meet should already appear on your calendar, and [general entry instructions can be found here](#).
  - If you are a first time user of MileSplit, please see these [additional instructions to claim your team](#) and **note that this may take a day for MileSplit to verify your role as a coach.**
  - We will take any changes, corrections or substitutions at packet pickup on race day. Please be prepared to provide the correct spelling of first and last name, gender, grade, and of course team. The subs will take the bib of the runner they replace.
  - Each team **MUST** have at least five runners start the varsity race. Please see exemption information below.
  - **Please contact In Focus Timing with any questions about entries at [info@infocustiming.com](mailto:info@infocustiming.com). Please do not contact Janesville Craig with registration/timing questions.**

## Course:

We will be using the loop course again this 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.



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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 and lane assignments will be sent the week of the race for coaches to share with their teams.

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. If you feel that any runners in your top five are slower than 25 minutes for boys and 30 minutes for girls, you may put them in the white race instead. Please contact Janesville Craig ([bmiles@janesville.k12.wi.us](mailto:bmiles@janesville.k12.wi.us)) if this happens as you may share a varsity box with another school.** 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 2021, 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



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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](mailto: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 unless granted an exemption)

White Race unlimited entries

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

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

- 7. Time schedule:

Volunteer meeting	7:45 AM	Finish Area
Coaches meeting	8:30 AM	Finish Area
Blue Race Girls (24:59 cut off)	9:00 AM	9:45 awards tent
Blue Race Boys (20:33 cut off)	9:35 AM	10:15 awards tent
Varsity HS Girls (Top 5-7)	10:10 AM	10:50 awards tent
Varsity HS Boys (Top 5-7)	10:45 AM	11:25 awards tent
White Race HS Girls (25:00+ racers)	11:20 AM	12:05 awards tent
White Race HS Boys (20:34+ racers)	12:00 PM	12:45 awards tent
4th-8th B/G Mile*	12:40 PM	1:10 awards tent

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



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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!
10.     Appeals:         (WIAA starter)  
                          (WIAA starter)  
                          (WIAA starter)  
                          Brandon Miles (meet manager, Janesville Craig)  
                          Michael Butscher (Lake Geneva Badger boys' 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).
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.