**Bob Burzynski 33rd Annual Cross-Country Invitational**

**Valders High School**

**September 14th, 2023**

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**TO:** Brillion, Chilton, Denmark, Elkhart Lake-Glenbeulah, Howards Grove, Luxemburg-Casco, New Holstein, Plymouth, Random Lake, Sheboygan Falls, St. Ignatius and Sturgeon Bay.

**PARKING:** Please park and drop athletes off in the football parking lot. Buses can park in the parking lot next to the football field. Please have the buses park against the fence so the course is not blocked.

**COACHES INFORMATION:** Please check-in when arriving. Check-in will take place in the shelter north of the tennis courts. A check-in sign will be posted. An informational packet will be available when you check-in.

**COURSE:** The course has areas of blacktop and gravel. It is suggested that athletes do not wear spikes. The following is a link for the middle school course:  [middle school map.](https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:0cea37c5-cc96-35f0-beaf-01f76067e214) The following is a link for the high school course: [high school map](https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:4683ae0a-1106-328f-968b-38a2813688fc).

**ENTRIES:** Timing will be completed by Mark Eben of xmtiming. In order to provide the best data possible, Mark will be using [www.athletic.net](http://www.athletic.net) for all registrations as well as results being posted after the event. If you have not done so yet, please log into athletic.net and register your team and athletes. This includes your middle school, junior varsity and varsity runners. You have unlimited entries for junior varsity. You have eight entries for varsity runners. The deadline for entries is noon on Sunday, September 10th. You can make changes on the day of the race. Unofficial results will be available live at [www.xmtiming.com](http://www.xmtiming.com). Final results will be posted on athletic.net after the meet. If you have any questions please contact Mark Eben at xmtiming@gmail.com or 920-901-6852,

**PAYMENT:** Please send your entry fee of $150.00 for high school and $50.00 for middle school to Jane Linzmeier at Valders Area School District. The address is: 138 Jefferson Street Valders, WI 54245.

**RUNNING SCHEDULE:** Middle School Girls: 4:00 1.5 miles

Middle School Boys: 4:15 1.5 miles

Varsity Girls: 4:30 p.m. 5000 meters

 Varsity Boys: 5:00 p.m. 5000 meters

 JV Girls: 5:30 p.m. 5000 meters

 JV Boys: 6:00 p.m. 5000 meters

**OFFICIALS:** The officials are Dave Nickels and Dan Griepentrog. Games Committee will be the WIAA starter: Girls coach from Denmark and boys coach from Elkhart Lake-Glenbeulah.

**STARTING/FINISHING PROCEDURES:** There will be five foot boxes for your team with 4 feet between each box. Chute assignments are: 1-Valders, 2-Brillion, 3-Denmark, 4-Chilton, 5-Sturgeon Bay, 6-Elkhart Lake-Glenbeulah, 7--Sheboygan Falls, 8-Howards Grove, 9-Random Lake, 10-New Holstein, 11-Plymouth, 12-Luxemburg Casco, and 13-St. Ignatius. There will be one start for each race. No extra clothing items or bottled water are to be brought to the start area. When finishing, the athletes should enter the tennis court area which is restricted to just athletes and coaches. Water will be available for the athletes.

**TIMING/SCORING:** Times will be taken and recorded by xmtiming for all races. Each runner will receive a race bib. The bibs need to be worn on the front of the shirt and clearly visible as the athletes cross the finish line.

**BATHROOMS:** The school will be open to be able to use the bathrooms. Port-o-potties will also be available.

**CONCESSIONS:** Concessions will be available.

**TEAM CAMP:** Please place team tents in the baseball field. They may be set up as an area for gym bags to be located while the race is going on. Only cross country athletes and coaches will be allowed in this area. Please make sure that your area is clean before you leave.

**PETS:** Absolutely no pets allowed at the invite.

**T-SHIRTS:** Valders Cross Country Invitational t-shirts will be available underneath the pavilion for $15.00.

**VALDERS HIGH SCHOOL BAND:** Mr. Nick Stone and the Valders High School Band will be providing entertainment before the meet starts. Senior cross-country athletes will also be honored.

**ATHLETIC TRAINER:** Hayley Reinke, Valders High School Athletic Trainer, will be available. An ambulance will also be present at the invite.

**AWARDS:** Trophies will be given to the first, second and third place teams at the Varsity levels. Medals will be given to the 1st-20th place finishers for the Junior Varsity and Varsity races. An awards ceremony will take place in the football field following the race. Teams and coaches are welcome to sit on the football field.

**CONTACT INFORMATION:** Please contact Kelly Isselmann, athletic director, if you have any questions. School phone: 920-775-9520 ext. 2005 or cellphone: 920-905-1539. Good luck to everyone!