

Westby High School's
Westby Cross Country Invitational
Tuesday, Sept. 6th

Participating Teams: Aquinas, Boscobel, Brookwood, Cashton, CFC, Hillsboro, Kickapoo-La Farge, Mel-Min, New Lisbon, North Crawford, PdC, Royall, Viroqua, Wauzeka-Steuben, Whitehall and Westby.

We will be hosting a middle school girls and boys scrimmage. Those of you with middle school runners should bring those athletes along if you would like. St. Paul's from Onalaska and Westby are the only teams I know of right now who will have MS athletes, but any other team who works with middle school runners should be free to bring them along. We will offer times, so you will need to register your athletes, but there will not be any team score, and no need for any uniforms for these races.

Course will be on the Westby high school grounds and the course will open at 3:30.

Elementary Run (400 meters)

MS Girls' Race 4:15 (2 Miles)

MS Boys' Race 4:45 (2 Miles)

HS Boys' Race 5:15 (one race-no varsity distinction) 5K

HS Girls' Race 6:00 (one race-no varsity distinction) 5K

Awards 6:45

Awards will be presented to following....

1st-10th Individuals in HS races

1st-5th JV Individuals (this would consist of the 8th + runner on complete scoring teams)

High School Team Awards: Champion Trophy and Runner Up plaque

Online registration will be through DirectAthletics. Deadline for entering your athletes would be Sunday, September 4th, 11:59pm.

Yours in running,

Brian Huebner, Dave Nelson, and Jill Weninger