

Coaches,

This is the schedule we will follow for our PT Timing invitational meet with Arrowhead, Hamilton, Mukwonago, Kettle Moraine (Boys), Brookfield East - on Friday, Aug., 28

4:00 – Girls 3200 – waves of not more than 40

4:40 – Girls 5K – waves of not more than 40

5:30 – Boys 3200 – waves of not more than 40

6:00 – Boys 5K - waves of not more than 40

The 3200 in the past has been just a frosh and rookie race but you may enter additional runners in this race if that is their best fit.

The course has been modified in order to do waves and not cross paths. Please note the new map.

Meet administration;

Athletes need to socially distance prior to and after their races and facemasks are advised at this time as well. Waves will be assigned by a seed time. Please seed your athletes by **your best present time estimation**. Have your runners gather near the start line not more than 5 minutes before their race. They should jog around until the starter calls them to the line. After the race, they should immediately exit the chute and go back to their team area and cool down away from the course. Entry fee changes will be sent to your AD. (Further guidelines may be forthcoming!)

PT Timing will be scoring this meet. You must get your team entered by going to their site: www.pttiming.com You will need to register as a user and set up a password before entering. Make sure you update to enter your athletes in their correct race. **All entries are due before 12 noon, Aug. 26. Any team failing to meet the entry deadline will be assessed a \$50 late entry penalty. Entries will be open one week before the meet.**

When you arrive pick up your packet and bib numbers at the finish arch. It will be easiest to park in the lot north of the north campus building as this will be the closest parking to the start/finish lines. If you have any questions you can e-mail (arrowheadcc@gmail.com) or call me (262-751-6316).

See you the 28th!

Mike Mulrooney