



## **Menomonee Falls Cross Country**



**Dear Coaches:**

The Matt Hadler Memorial Cross Country Invitational (5K) is slated for Saturday, Sept. 12, 2020 at Rotary Park in Menomonee Falls. The meet is in memory of Matt Hadler, a 1996 graduate of Menomonee Falls and a member of both the Menomonee Falls cross country and track & field teams. Matt tragically died in a motorcycle accident at the age of 20. The meet is to honor Matt Hadler and his family.

Due to COVID 19 concerns, we'll have wave start at the JV level to maintain a more orderly start with safety in mind.

The meet schedule is listed below:

**8:45 a.m.** Coaches can pick up packets & disposable racing bibs near the finish line area.

**9:45 a.m.** JV Boys-We'll begin race in waves and based on the number of JV entries will determine the number of waves. We'll allow the coaches to separate the JV runners into groups based on ability. The first wave should be your top eight JV runners and then wave #2 will include runners 9-16. The second group should warm-up behind the starting line and be ready to go when called to the starting line by the official. The third wave should be warming up as the second wave begins. There will be two minutes between each wave.

**10:30 a.m.** JV Girls-Same as boys

**11:15 a.m.** Varsity Boys (8 runners maximum)

**11:45 a.m.** Varsity Girls (8 runners maximum)

PTTiming will be the official timer providing results this year. For meet results, go to <http://www.pttiming.com/> to enter your team roster. Make sure to declare your rosters by date determined by PTTiming. Results should be posted about an hour after the final race. We'll be using racing bibs with the chip on the back.

**Awards will be given to the top 10 runners in the varsity races and the top 5 in the JV race. Coaches can pick up awards near the PTTiming van at the conclusion of the varsity races.**

**Course maps are included and also can be found at our school website and Pttiming.**

**There will be no concessions so we encourage athletes to bring multiple water bottles and their own food. There will be no water provided at the end of the race but there will be 5 gallon jug with the trainer. This is to be used for emergency situations only. Also, tents are discouraged due to the lack of room for social distancing.**

**The Rotary Park course is basically two loops at 1.55 miles each, with some asphalt/bike paths to cross over. We require everyone to wear masks when they are not racing to practice safety. Course is fan friendly but social distancing must be practiced. The starting and finish lines is off limits to family and friends.**

**Note to coaches: Rotary Park has been reserved by a private party on the east side of the park. Please make sure your runners stay on the course during warmups. Shelter 1, closest to Appleton Ave. has been reserved.**

**All athletes should go directly back to their team area after racing.**

**Starting Boxes:**

<b>Brookfield East</b>	<b>1-4</b>
<b>Cedarburg</b>	<b>5-8</b>
<b>Menomonee Falls</b>	<b>9-12</b>
<b>Shorewood</b>	<b>13-16</b>

**If you have any questions, I can be reached on my cell at 262 617-9904 or by email at [shantho@sdmfschools.org](mailto:shantho@sdmfschools.org)**

**Thanks and good luck this season.**

**Sincerely,**

**Tom Shannon- CC Coach  
Brian Heimark-Athletic Director**