



Welcome to the 2023 Lake City Conference Cross Country Meet

University Lake School
4024 Nagawicka Road
Hartland, WI 53029

We look forward to seeing you on race day!

Time Schedule

3:00 Course opens

3:30 Coaches Meeting

4:00 Men's 5K Race (Varsity and JV)

4:45 Women's 5k Race (Varsity and JV)

5:30 Results and Awards

Entries for Meet

ENTRIES ARE DUE on Tuesday, October 3rd. Starting boxes will be announced the day of the meet. [Entries Here](#)

Scoring

Scoring will be done through PrimeTime Timing

Number of Runners

Varsity – Top seven runners from each team will be counted as placers in Varsity. Top five times will count towards team scoring.

JV – Unlimited number of runners

Course

The course will be our newly modified 5K, with a new trail cut to keep kids off pavement, consisting of grass, slight hills, and short runs across campus driveways. It will traverse much of our 180-acre campus, including 1,700 yards of mowed playing fields with the rest being wooded and prairie trails. The Mile and 2 Mile markers will be clearly marked with ground paint. There is also a very short area where they encounter parking lot gravel. Runners will also hit one extended hill (300 yards) in the woods at the 1200-yard mark. The start and finish are very spectator friendly, and the rest of the course is small rolling terrain. Additionally, the course is spray painted throughout with flags, cones, arrows, and natural markers being used as turning points.

[Map Here](#)

Parking, Bus Drop-off, and Team Camp

Please park behind the pavilion in the gravel parking lot, away from the course markings. Team camps are on the athletic fields on either side of the finish line. Bathrooms are located in the pavilion.

Splits

Mile splits will be read but not recorded. The mile marker is up the hill behind our Middle School on the newly cut bypass trail. No splits will be read at the two mile mark. The two mile marker is located where the trail exits close to the barn on the Northwest corner of campus.

Awards

Medals will be presented to the top 10 finishers in each of the women's and men's races.

Officials

ABERDEAN MORTON will officiate.

The Jury of Appeals is ULS/Trinity, St. Anthony
ULS Coach: Tim Flaherty

Athletic Trainer

Dr. Lauren Falk with Kinetic Sports Medicine and Performance will have a tent set up in the pavilion to help with anything your athletes might need.

Questions?

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