

Cross Country Coaches,

Welcome to the Terry Krall Cross Country Invite at **Heritage Trails County Park (4668 County Hwy E, Slinger, WI 53086)**. **Additionally, there will be NO MIDDLE SCHOOL RACE.**

We will be using **PtTiming**. **All Races are 5K.**

Maps will be provided. Arrows will be painted on the trails with white paint to help navigate the course. **Course inspectors (adults) will be at critical intersections with red/yellow/blue flags.** Mile and Two Mile Markers will be painted on the course.

Tents - Tents will be allowed in the infield portions of the park. The course wraps around the open field, so if tents are inside that boundary, they should not pose a problem or interfere.

Schedule - **In order to ensure that all races will be completed before nightfall--and to give as many athletes as possible a chance to compete--races will be run in waves. Your runners will be sharing the course, but the timing is such that overlap should be minimal.** Please make sure your runners are at the start line and ready to line up to ensure a smooth transition between waves.

Race Wave Times:

4:00 Boys Varsity Large
4:04 Boys Varsity small
4:35 Girls Varsity large
4:39 Girls Varsity small
5:14 JV boys
5:20 JV girls

With new additions to the field this year, your team may have changed divisions. Please make sure to identify which group you'll be in.

Large Group: Slinger, West Bend East, Hartford, Kimberly, Beaver Dam, Watertown Luther Prep, Wisconsin Lutheran (Girls Only), Shorewood, Neenah, Verona (Girls Only), Kaukauna

Small Group: Grafton, Winnebago Lutheran Academy, Dominican, Elkhart Lake-Glenbeulah, Dodge Land, Horicon, Living Word Lutheran, Mayville, Lomira, WCHSA, Whitnall

Varsity teams will be allowed 8 runners.

Awards: Awards will follow the meet and results will be posted on PtTiming.

PARKING THIS YEAR: School Vans will be advised to park on the grass portion just beyond the first row of parking spots. It is assumed that most coaches and teams will stay longer than most spectators, so this area will not face any issues with being parked in.

Buses that will stay will be shown to a specific portion of the parking lot. Buses that leave (in order to do routes most times) **SHOULD NOT RETURN UNTIL** the completion of the final race (Around 6:00).

Parking attendants will be monitoring spots and collecting a \$5 fee per car. Please encourage carpooling with your fans/parents. **Please make sure to emphasize that cars MAY NOT park along the strip of road leading to the parking lot.**

CARS WITH WASHINGTON COUNTY PARK STICKERS will not have to pay the entry fee.

There will be an athletic trainer on site in case needed. He or she will be stationed at the finish line. Please provide your own tape for your athletes.

Register your team using MileSplit (JV and Varsity)
Registration Opens: Date provided by PT Timing.
Be sure to submit your entries by the date listed by PtTiming.

<https://wi.milesplit.com/meets/632607-slinger-terry-krall-invite-2024>

Email John Strand with any questions at john.strand@slingerschools.org
When registering your runners, please strike injured runners from the list.

Directions to Heritage Trails Course:

Enter Heritage trails via the entrance off of County Road E.

*****Any questions on line-ups contact Head Coach John Strand:**
Cell: 608-317-4511
Email: john.strand@slingerschools.org

*****Any further questions, contact Head Coach Terry Krall:**
Home Phone: 262-644-6422
Email: krallmte@frontier.com

****We look forward to seeing you all this year. :)**

The Terry Krall Invite at a Glance

1. We are using PtTiming Timing and MileSplit for registration.
2. Port-a-Potties will be available.
3. Bring your own water, as we will not be providing water on the course.
4. There will be a concession stand and T-Shirts for Sale (\$15).
- 5. No Pets are allowed at WIAA events.**
6. When you arrive, pick up your throwaway bibs from PtTiming.
7. Team Area: Field Area. Make sure to keep clear of the opening leg of the course.
- 8. We will have a specified bus parking area at the north end of the parking lot. We will have parking attendants there to direct the buses and school vans. School vans will park on the grassy area between the paved parking lot and the course.**

There will be NO parking allowed on the entry road. There are about 460 spaces in the lot. Car pooling is STRONGLY encouraged and we would appreciate your emphasis of that fact as you communicate to your parents and fans.
9. There will be course marshals holding flags on portions of the course.
10. Please clean up after yourselves.

Course Maps and Elevation attached below:

North

WOODS

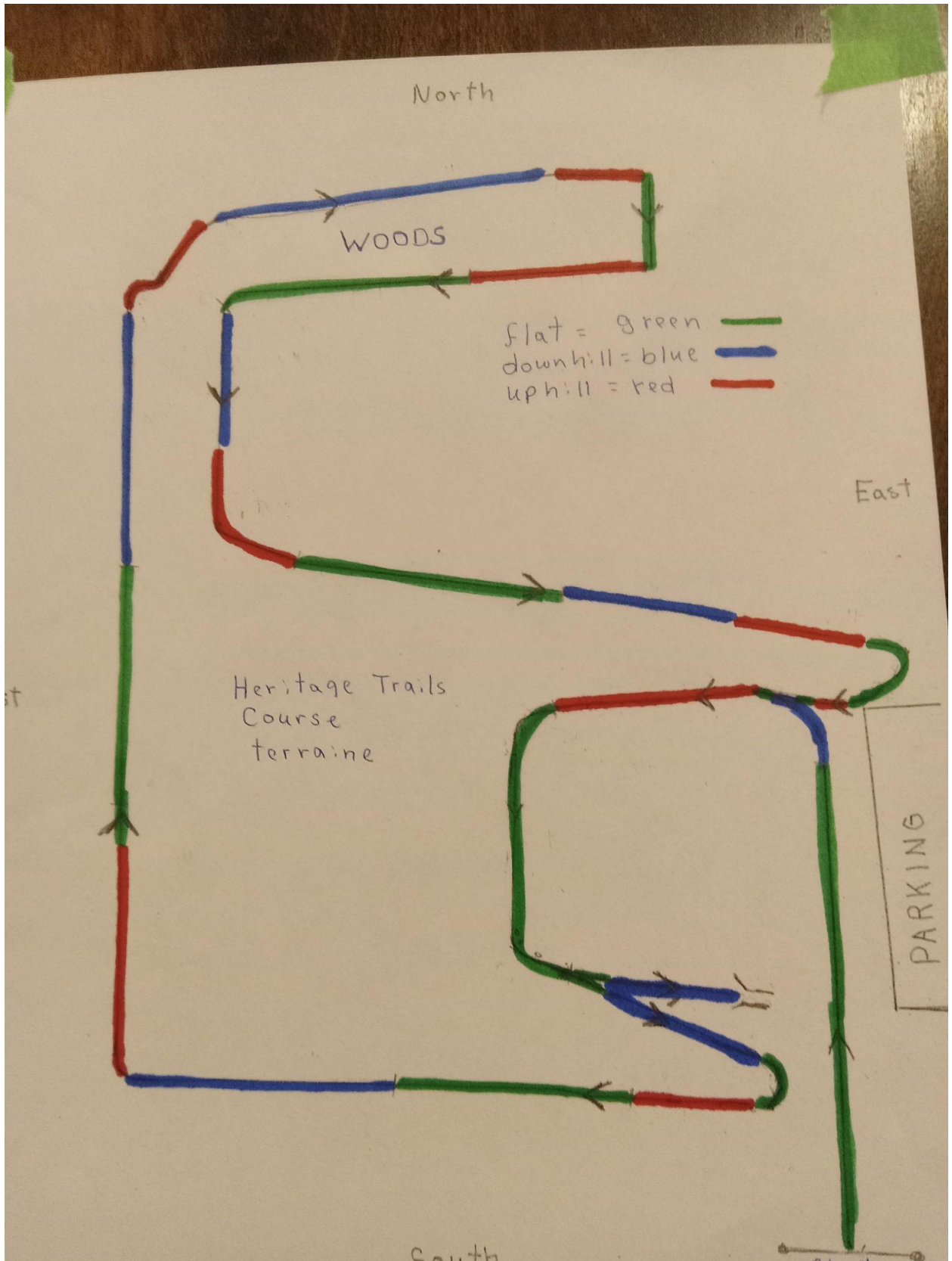
flat = green
downhill = blue
uphill = red

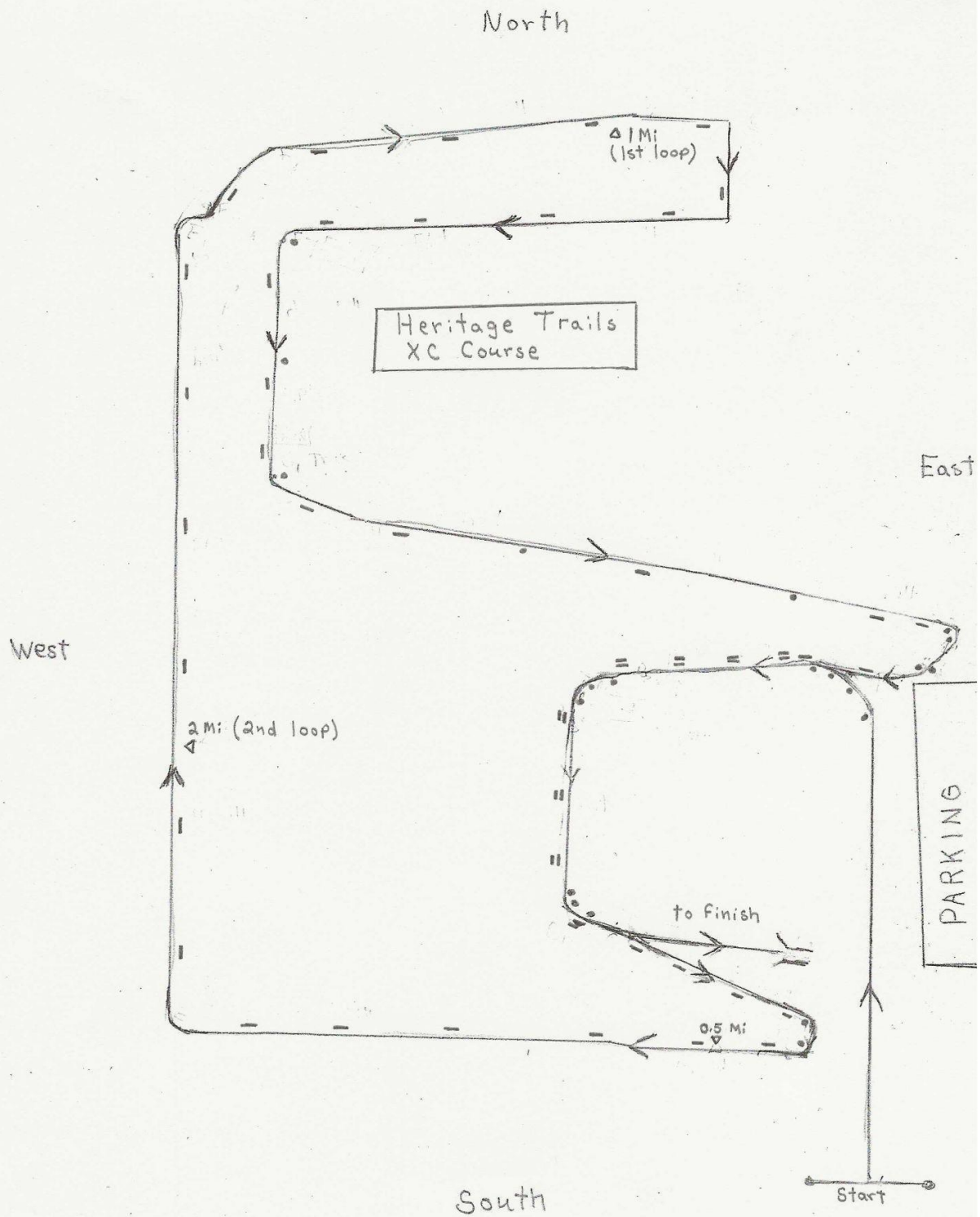
East

Heritage Trails
Course
terrain

PARKING

South





Course elevation graphs for Heritage Trails 5K course

