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2025 Lightning Cross Country Invitational Saturday, October 4, 2025

SCHEDULE:

Check In: 8:30 AM to 9:30 AM

Coaches Meeting: 9:30 AM

Girls Varsity/JV - 10:00 AM

Boys Varsity/JV - 10:45 AM

LOCATION:

Nashotah Park

W330N5113 County Road C

Nashotah, WI 53058

PARK ENTRANCE FEE/PARKING

Participants/team vehicles/spectators are required to pay park entrance fees. All vehicles entering maintained Waukesha County Park facilities are required to pay the Waukesha County Park Entrance Fee. Participants/guests can purchase the Annual Membership or Daily Park Entrance Permit online at <https://wiwaukeshacountyweb.myvscloud.com/webtrac/web/splash.html> and select either Annual Memberships or Daily Park Entrance Permits. Please follow volunteer directions when parking.

ONLINE ENTRY REQUIRED: This event is being timed by PT Timing. The deadline to register your runners is Thursday, October 2 at NOON.

REGISTER HERE: <https://www.athletic.net/CrossCountry/meet/261638/register>

Participating Schools [Box Number]: Lake Country Lutheran [1], Catholic Memorial [2], Heritage Christian [3], Messmer [4], Martin Luther [5], Lake Country Classical Academy [6], University Lake [7], Milwaukee Lutheran [8], Waukesha South [9], Augustine Prep [10]

Entry Fees: \$75 for JV & Varsity Girls / \$75 for JV & Varsity Boys / \$150 total if sending both Girls and Boys teams. Please provide AD with check written out to Lake Country Lutheran on the day of the races or send to Lake Country Lutheran High School.

Coach Packet Pick Up: Coaches can pick up team packets starting at 8:30 AM from Reserved Picnic Area 1. The packet will include your list of the runners, course maps, and your chipped bibs.

Course Information: The course will be open for inspection starting at 8:30 AM. See separate attachment for course map.

Awards: Top 10 Varsity runners will receive medals. Top runners and 1st Place teams (5-7 runners) will receive medals during the awards ceremony held in Reserved Picnic Area 1 near the finish line after the final race has concluded.

Tent Area: Schools are welcome to set up their team tents on the open multi-purpose field to the south of Reserved Picnic Area 1. Please speak with the Race Director or AD if you have questions about where to set up your team tent.

Uniforms: Please be aware that this is a championship meet. NFHS/WIAA uniform rules will be in effect. Please make sure that your athletes adhere to the undergarment colors, logos, accessories, jewelry, and rolling of shorts rules for uniforms. The meet official and referee will be enforcing these rules.

Concessions & Restrooms: No concessions available. Temporary restrooms will be available on site.

We look forward to a great day of racing!

Andy Thomson – Athletic Director (athomson@lakecountryhs.org)

Mark Newman – Meet Director (mnewman@lakecountryhs.org)

Jon Oldenburg – Head Coach, Lightning Cross Country (joldenburg@lakecountryhs.org)