**21st Annual Muskego Warrior Cross Country Invitational**

When: Saturday, September 26, 2015

Where: Lake Denoon Middle School – w216 s10586 Crowbar Drive, Muskego, WI 53150

Weather: 74 and Sunny (Great day to run !)

Bus Departs: Waukesha South 7:30 am

Bus Returns: Approx. 1:30 pm

Distance: All races will be 5000m.

Schedule: 9:10am Coaches meeting by the finish line.

10:00am JV Boys Race

 10:40am JV Girls Race

 11:20am Varsity Boys Race (8 varsity runners max)

 12:00pm Varsity Girls Race (8 varsity runners max)

12:45pm Awards (we will start these earlier if possible)

* Notify people that are driving to the meet to follow the directions of our parking lot workers.

Teams and Box Assignments: 1) Racine Horlick 2) Tremper 3) Greendale 4) Brookfield Academy 5) Muskego 6) Martin Luther 7) Oak Creek 8) Hartford 9) Greenfield 10) Germantown (boys) 10) WA Hale (girls) 11) Racine Park 12) Waterford 13) Burlington Catholic Central 14) Fort Atkinson 15) Cudahy 16) Waukesha North (boys) 16) DSHA (girls) 17) Bradford 18) Waukesha South 19) Brookfield Central (boys) 19) Homestead (girls) 20) WA Central Concessions and T-shirts:

There will be a concessions area selling various food and drink items, as well as short ($13) and long sleeve ($15) T-shirts.

**Eating Procedures:**

Eat BREAKFAST before leaving on the bus. Fruit or another snack on the bus will be good, since you are racing later in the morning. Varsity 12:00 noon

**Coaches Notes:**  This is a FLAT course. Many of you have raced here last year., This will nice race with ‘pack’s of runners. **DO NOT GO OUT TOO FAST... Set a 1st mile goal time and stick with it.** Resist the urge to go out fast, stay discipline and finish STRONG! Great course to pass people the last straightaway.

**Next week we compete at Mukwonago on Thursday Oct. 1st.**

**Girl’s Varsity 4:30 Girl’s JV 5:40 pm**