

Elite Sport & Spine
Cross Country Grade School Challenge
Hosted by Wisconsin Lutheran College
Wednesday Oct 22, 2025 27th Annual

QUALIFYING CRITERIA

- Individuals who have placed in the top 40% of a Varsity race in the Current cross country season.
- Teams can have a maximum of 10 runners that have competed in a Varsity race and placed in the top 40% in the meet's final team standings.
- If your school has five individual qualifiers you may bring a team of 10 runners. The 10 can be of any grade combination, but five of the 10 **MUST** have qualified as individuals.
- 3rd, 4th and 5th-grade runners can qualify to compete if they have placed in the top 40% of a Varsity race, or run times that would have placed them in the top 40% of a Varsity race, or if they are part of a team that qualified.

Start Times - Girls 4:30 p.m. | Boys 5 p.m.

Start announcements will be made at 10 minutes, 5 minutes, 1 minute, 30 seconds, 15 seconds, a count down from 10-5 seconds, then the gun once everyone on the line is motionless! If a recall were in order the gun and/or whistle would repeat continuous to call the runners back to the starting line.

Team Packet Pickup:

Shelter 3A – **Please ONLY 1-2 coaches per team approaching the Check-In / T-shirt pickup tables.**
Please No Team Camps in/under Shelter 3A!

Chip Timing - Runners have a Bib # to be pinned to the FRONT of their shirt / singlet. Be sure the runners have their specific assigned bib #.

DO NOT fold or bend the Bib #s!

The runner's names are on the back of the bib!

Please remind your runners to keep moving through the finish shoot.

The Course | Course Markings - 1.8 miles / 3k - Marked with Flags.

Red flag = left turn

Yellow flag = right turn

Blue flag = straight

FLAGS OVERRULE ANY LINES!

Please remind/educate your runners to run on the proper side of the flags so that they are not cutting corners. (Ie. Running a Red flag(s) for a left hand turn - stay to the right of the flag(s) making the left turn).

Awards - In/Near the shelter, as soon as possible after the completion of the Boys' race.

Medals to top 25 Finishers in each race.

Trophies to top 4 Teams in each race.

Scoring - The top 4 from each team will make up the team scores – one displacer.

Results: <https://www.tracksidetiming.com/>

Also posted on the outside wall of Shelter 3A and later available on the XC Challenge Event Page:

Postrace Food Options

Big Deal Burgers & Custard - 1440 S 84th St, Milwaukee, WI 53214

Warrior 5k & 8k... through the park

Come join us **NOVEMBER 8** for our **Trail Run OR 2.25 mile walk!**

www.wlcsports.com/warrior5k