

September 17, 2024

Coaches,



The following is information for our 37th annual Arrowhead Cross Country Invitational on **Saturday, October 5th, 2024**

Arrowhead High School - Mike Mulrooney Cross Country Course
North West side of North Campus
800 North Avenue, Hartland 53029

Time Schedule:

9:30 AM JV Girls

10:05 AM JV Boys

10:35 AM Varsity Girls

11:05 AM Varsity Boys

11:45 AM Grade School Race - *** New This Year *** All boys and girls will run together **
Race distance is approx 1.6 miles.

Entries are on PTTiming.com. [PTTiming Race Entries](#)

Entries and each individual's race designation will close by noon the day before the meet, if not earlier. This timeframe is determined by PTTiming. Teams not completing their entries on time will be assessed a \$50 fine by PTTiming.

You may run 8 runners in the varsity race while the JV race allows unlimited entries.

Entries for the Middle School Race will be on pttiming.com as well. No contracts will be sent. Payment for your athletes must be paid before (mail to Arrowhead High School, Attn: Activities Office, 800 North Ave. Hartland, WI 53029) or at the meet with cash, check or credit card / apple pay. If payment is not received you will not receive your timing chips. Entry fee for each athlete is \$5 per timing chip up to a team fee of \$80. Please make checks payable to Arrowhead High School.

[5k Course](#)

The Middle School 1.58 mile - Course Map - Coming - The course will be the same as the high school course but instead of doing two laps of the course, the runners will finish after the first loop.

[Bus Drop Off Route](#)

[Campus and Course Map](#)

Parking:

All: Entrance to the school is from North Ave on the east side of school. Use the campus entrance at Arrowhead Drive. The Hwy K entrance will be blocked off. Please see attached map link below.

Buses: Teams should be dropped off by the practice soccer fields on the northwest side of north campus. Buses will be allowed to pull into that area, turn around and park in the designated areas. Please see maps attached. Buses will find plenty of room to park in the lots east or south of the north campus building.

Spectators should park in the lots east or south of the north campus building. No parking will be allowed in the lot north of north campus near the start / finish line area.

Team Area

Camps should be set up on the small soccer field west of the parking lot near the portable restrooms or along the ditch north of the parking lot.

Race Packets: Race packets and bibs may be picked up at the concession stand in the team camp area when you arrive. Changes should be made with PTTiming at the finish line.

Officials: Tom Emmerich, Dennis Meyer & Pete Emmerich

We will have a WIAA Sportsmanship Verification Form available for you to sign at the meet. It is [HERE](#) if you wish to download and sign it beforehand. They may be emailed back to AHS Activities at bradley@arrowheadschoools.org

Dogs are NOT allowed per WIAA rules.

Trainer: The trainer will be available near the finish line. Please provide your own tape, wraps, braces, etc.

Awards

Team trophies for 1st, 2nd, and 3rd place for Varsity and 1st and 2nd place for JV

Varsity - Overall Girls & Overall Boys Champion will receive trophy
medals for places 2-25

JV – medals for places 1-10

Middle School - medals for overall places 1-10 for each gender, all ages combined

T-shirts will be sold. Cash, credit and apple pay accepted

Full concessions will be sold. Cash, credit and apple pay accepted

2024 Teams and Box Numbers

1	Homestead
2	Cedarburg
3	Wauwatosa East
4	Brookfield Academy
5	Madison Memorial (G) / Brookfield East (B)
6	Madison La Follette
7	Pewaukee
8	D.S.H.A. (G) / Neenah (B)
9	Janesville Craig
10	Muskego
11	Whitefish Bay
12	University School of Milwaukee
13	Brookfield Central (B)
14	Arrowhead
15	Germantown
16	Kettle Moraine
17	Dodgeville
18	Waukesha South (G) / Marquette (B)
19	Sussex Hamilton
20	Mukwonago
21	West Bend West

Arrowhead Invitational Meet Records

Girls: Lily Kriegel - Whitefish Bay - 18:06.7 (2023)

Boys: Owen Bosley - Homestead - 15:25.6 (2022)

Arrowhead Course Records

Girls: Sara Mlodik - D. C. Everest - 17:49.4 (2023)

Boys: Owen Bosley - Homestead - 15:25.6 (2022)

Arrowhead Team Champions and Individual Champions since the change in course in 2022

2023 - Girls: Brookfield East / Lily Kriegel - Whitefish Bay - 18:06.7

2023 - Boys: Brookfield East / Thomas Menefee - Marquette - 16:03.4

2022 - Girls: Whitefish Bay / Zaira Malloy-Salga - Middleton - 18:23.5

2022 - Boys: Middleton / Owen Bosley - Homestead - 15:25.6

If you have any questions, please contact:

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