

2024 Verona CC Invitational-48th Annual-Sept 7, 2024

Welcome to the Verona Invitational, a great way to start your CC season. You will be running in one of Wisconsin's largest prep cross country races. **We will be running at the new Stewarts Woods Cross Country course behind the new Verona Area High School just off the bypass using exit 76 Epic Lane**

Over the 47 year history of the Verona Invitational the meet has hosted over 20 state individual champions and numerous state championship teams at all three divisions. Our new Stewarts Woods course was designed to mirror The Ridges in difficulty. We feel it is a challenging and beautiful course to run with a nice mix of open flats and beautiful wooded vistas with some hills to challenge the runners. We hope you will enjoy the race and most of all have fun in this early season classic event in southern Wisconsin cross country. Sincerely- Coach Randy Marks VAHSCC

Note: please note the change in race schedule. Varsity races start at 8:30am and the middle school 2.6K coed race will be at 11:00am. This is to give the varsity racers the coolest, firmest race conditions. It will also allow for an earlier departure for those teams that are traveling a distance. There will NOT be an open race this year. In case of inclement weather we will have more room to wait out storms if necessary.

email- Randy.Marks@verona.k12.wi.us and- dave.nelson@verona.k12.wi.us ANY QUESTIONS?

Entry Fees- \$ 175.00 per squad(\$ 350.00 for both boys and girls teams) \$ 30.00 extra for middle school teams or \$6 per runner up to \$30. Please contact your AD's to get the entry fee in asap. – contact your business office of the below request for fees.

Make out entry fee checks to: VERONA AREA HIGHSCHOOL CROSS COUNTRY

Mail entries to: Theresa Saley- Verona Area Highschool- 234 Wilcat Way, Verona, WI. 53593

You must run at least your top five runners in the varsity race!

Northwest Designs T shirts will be on sale – prices vary

Awards: Team Championship plaques for the top 2 teams in each varsity division. Individual awards: medals for runners 8-40 in each varsity race. The top seven in each race will be awarded statuettes. Junior varsity awards will be medals for the top 30 in each race. There will also be medals for the top freshman in the meet.

Pick up bibs and maps at the concessions stand

8:00 am- Coaches meeting at Concessions

8:30 am- Girls Varsity 5K

9:05 am - Boys Varsity- 5K

9:40 am - Girls JV- 5K

10:20 am- Boys JV- 5K

11:00 am – Middle school 2.6K run 6th, 7th, and 8th grade girls and boys- medals top 3 in each grade and gender for middle school. –

11:30am- Awards at the course

Scoring : We will use disposable bib chips again this year- **WE ASK THAT RUNNERS, PARENTS, AND MANAGERS DO NOT REENTER THE FINISH AREA WITH Bip chips AS THESE MAY BE ACCIDENTIALLY RECORDED AGAIN.**

Entry Information: Do NOT include athletes you KNOW will NOT be able to run. If in doubt list them. Changes can be made race day but we want to minimize these as PT charges by the chips entered. Please enter on line

The WIAA and Stewart's Woods course do NOT allow any pets except for bonified service dogs(no comfort dogs or potbellied pigs please)Please let your fans and parents know this as we have had some unpleasant confrontations between dogs and people.

Please: Send a team photo and roster to: <https://eventprint.sharefile.com/r->

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