

2023 Boys and Girls Greater Metro Conference Cross Country Meet
Saturday October 14th
Rotary Park (hosted by Menomonee Falls HS)

UPDATED RACE ORDER

The GMC Cross Country meet will run on Saturday October 14th at Rotary Park in Menomonee Falls. The race format is according to the GMC bylaws and WIAA regulations where both girls and boys will run 5,000 meters. Varsity teams can consist of up to 8 runners and JV teams have unlimited entries.

Location: Rotary Park, N86W14230 Fond du Lac Ave, Menomonee Falls, WI 53051
(The course is on the other side of the river from the actual address of the park. Best bet is to drop off on MacArthur Dr.)

Officials: Jeremy Iwen, Peter Nielsen, Frank Deguire

Meet Schedule:

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|----------|---|
| 8:45am: | Coaches Meeting |
| 10:00am: | Boys Varsity (8 max, 8th runner will not displace) |
| 10:40am: | Girls Varsity (8 max, 8th runner will not displace) |
| 11:20am: | Boys JV (unlimited) |
| 12:00pm: | Girls JV (unlimited) |
| 12:45pm: | Awards Ceremony |

Course: Mostly grass, spikes recommended, lined and flagged

Entries: Register your athletes at www.pttiming.com **Entries are due by NOON on Thursday 10/12**

Results: Results will be available at www.pttiming.com after the meet

Teams and Box # (random draw):

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|-----------------------|--------------------|--------------------|
| 1) DSHA/Marquette | 4) Wauwatosa West | 7) Hamilton |
| 2) Wauwatosa East | 5) Menomonee Falls | 8) Brookfield East |
| 3) Brookfield Central | 6) West Allis Hale | 9) Germantown |

Games/Appeal Committee: WIAA starters, Tom Shannon, Wauwatosa East Boys Head Coach, Germantown Girls Head Coach

Other Meet Information:

- T-shirts will be available for purchase
- Concessions will be available for purchase
- Menomonee Falls Athletic Trainer will be on site (bring your own tape if tape is needed)
- Rotary Park restrooms will be available as well as portable restrooms
- Awards will be distributed per GMC bylaws after the final race of the day
- Please let your spectators know that dogs are not allowed on the course

Questions: Contact Brian Heimark (262-255-8497) or Matt Thull (414-708-6285)