

Wisconsin Lutheran High School



Cross Country Invitational



Thursday, October 10, 2019

McCarty Park, West Allis

Wisconsin Lutheran High School is pleased to host you for the **42nd Annual Wisconsin Lutheran Viking Cross Country Invitational**. The Invitational will be held at McCarty Park in West Allis.

Team busses MUST be parked on the parkway to the south of the course. There are no dressing facilities available.

1. **Coaches Meeting**

The will not be a formal coaches meeting. If you have questions, please see meet management (Eric Lueck, Blair Schaper, Josh Seeger, Micah Hernandez, Wayne Lueck, Jeff Sitz) at the tent.

2. **Team Packets**

Pick up your team packet at the PT Timing Van. The pick-up includes your assigned chips, bib numbers and pins, course maps.

3. **Time Schedule**

PLEASE NOTE THE STARTING TIMES.

3:30pm	Girls JV Race	5000 meters
4:05pm	Boys JV Race	5000 meters
4:40pm	Girls Varsity Race	5000 meters
5:05pm	Boys Varsity Race	5000 meters
5:45pm	Awards	

4. **Awards/Results**

The awards ceremony will take place at the conclusion of the meet. Results are immediately available to you online at PT Timing. (In the case of bad weather, we will place all individual medals into envelopes and award them to the head coaches.)

Varsity -- **Team Champ and Runner Up Trophies**

-- **Medals to top 2 Teams**

-- **Medals to top 25 place**

JV

-- **Team Champion trophy**

-- **Medals to 20 places**

5. **Officials**

Mr. John Woreck, Mr. Robert Kern

6. **Entries**

Online via...Prime Time Timing.

Varsity teams may have 8 runners, 5 score.

Junior Varsity teams are unlimited in number, top 5 score

7. **Starting Box Assignments**

The starting position for each team is listed on the enclosed Starting Box Assignment Sheet.

8. **Medical Coverage**

The Sports Medicine Center of Froederdt Hospital will provide us with a certified trainer on site for all races. You can contact Trainer Will George through the meet management.

The trainer will have supplies on hand for the meet, but we ask that you bring your own "normal" set of supplies. We will have ice on hand for emergency situations.

9. **Invitational T-Shirts**

We will have T-Shirts for sale to commemorate this
42nd Annual Cross Country Invitational.

They will be long sleeved and sell for \$15.00.



Wisconsin Lutheran Viking Cross Country Invitational

2019 Starting Box Assignments

Boys Races

1. Pius XI*
2. Verona*
3. Middleton*
4. Baraboo*
5. Wauwatosa East*
6. Wisconsin Lutheran*
7. Menomonee Falls*
8. New Berlin Eisenhower*
9. Nathan Hale*
10. Oconomowoc*
11. Marquette*
12. Milwaukee King*
13. Catholic Memorial*
14. Kenosha Bradford*
15. Racine Lutheran*
16. Sun Prairie*
17. Luther Prep*
18. St. Johns/Northwestern*
19. Brookfield Central*
21. Greenfield*
22. Milwaukee Hamilton*
24. Kettle Moraine Lutheran*

Girls Races

1. Milwaukee King*
2. Wauwatosa East*
3. Divine Savior Holy Angels*
4. Menomonee Falls*
5. Oconomowoc*
6. Sun Prairie*
7. Kenosha Bradford*
8. Wisconsin Lutheran*
9. Baraboo*
10. Luther Prep*
11. Indian Trail*
12. Verona*
13. Arrowhead*
14. Middleton*
15. Catholic Memorial*
16. Pius XI*
17. Racine Lutheran*
18. Greenfield*
19. New Berlin Eisenhower*
20. Milwaukee Hamilton*
21. Glenbard North*
22. Kettle Moraine Lutheran*

41 Years of WLHS Cross Country Invitational Champions

Girls

<u>Team</u>	<u>Individual</u>	
2018-King	Sophie Scopp, DSHA	18:56
2017-Divine Savior Holy Angels	Meghan Scott, DSHA	18:51
2016- Kettle Moraine	Audrey Janik-Wisconsin Lutheran	18:24
2015-Divine Savior Holy Angels 18:18-CR	Audrey Janik-Wisconsin Lutheran	
2014-Wisconsin Lutheran 18:23.1CR	Audrey Janik – Wisconsin Lutheran	
2013-Wisconsin Lutheran	Audrey Janik – Wisconsin Lutheran	14:31
2012-Wisconsin Lutheran 14:07	McKaela Christenson-Baraboo	
2011-St. Mary Springs	Molly Seidel-Univ Lake School	14:32
2010- Verona 13:45CR	Molly Seidel-Univ Lake School	
2009-Brookfield East	Mandy Prom-Oconomowoc	15:18
2008-Brookfield East	Ashley Schoenoff- Baraboo	14:59
2007-Brookfield East	Gabby Levac-Arrowhead	15:04
2006-Neenah	Jessica Dietz-Arrowhead	14:53
2005-Arrowhead	Autumn Dettmann-Watertown	14:49
2004-Arrowhead	Autumn Dettmann-Watertown	14:50
2003-Arrowhead	Abbey O'Connell-Arrowhead	14:40
2002-Brookfield East	Rosa Alvarez-Watertown	14:37
2001-Arrowhead	Jackie Mulrooney-Arrowhead	14:30
2000-Arrowhead	Natalie Tofte-West Allis Central	14:56
1999-Arrowhead	Jessica Holt-Arrowhead	15:22
1998-Wisconsin Lutheran	Erin Riederer-Brookfield East	14:35
1997-Brookfield East	Jessie Swan-West Allis Central	14:50
1996-Arrowhead	Linda Muffler-West Allis Central	15:05
1995-Brookfield East	Sarah Crowley-Brookfield East	15:36
1994-Mukwonago	Tiffany Fancher-Arrowhead	15:33
1993-Arrowhead	Aimee Dausg-Watertown	15:22
1992-Arrowhead	Aimee Dausg-Watertown	12:09
1991-Brookfield Central 12:38	Dani Poquette - St. Catherines	
1990-Pius XI	Lisa McCune - Hartford	12:15

1989-Wisconsin Lutheran	Lisa McCune - Hartford	11:48
1888-Pius XI	Lisa McCune - Hartford	12:20
1987-Pius XI	Erin McDermott-Pius XI	11:29
1986-Menomonee Falls	Jenny Gross - St. Catherines	12:13
1985-Menomonee Falls	Peg Barry - Mt. Horeb	11:57
1984-Brookfield East	Jenny Crain - Franklin	11:41
1983-Brookfield East	Jenny Crain - Franklin	11:48
1982-Brookfield East	Karen Lieske - Brookfield East	11:58
1981-Brookfield East	Lynn Blahnik - Wisconsin Lutheran	11:56
1980-Pius XI	Lynn Blahnik - Wisconsin Lutheran	12:16
1979-Pius XI	Joanne Spiegelberg - Wisc. Lutheran	
12:07		
1978-Wisconsin Lutheran	D. Jansen - Grafton	
12:22		

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Boys

2018 - Marquette	Joshua Truchon-West Allis Hale	16:05
2017 - Oconomowoc	William Kitzhaber, Watertown	16:16
2016- Marquette	Ansel Fellman, Bradford	16:17
2015 - Marquette	Sam Potter-Wauwatosa East	15:58
2014 -Wisconsin Lutheran	Kyler Lueck-Wisconsin Lutheran	
15:59		
2013 - Wisconsin Lutheran	Taylor Floyd-Mews, Wauwatosa West	
15:50		
2012 -Wisconsin Lutheran	Taylor Floyd-Mews, Wauwatosa West	
15:35		
2011 - Wisconsin Lutheran	Patrick Campbell-Wauwatosa West	16:07
2010- Marquette	Mike Russell-Marquette	16:14
2009 - Marquette	Jake Erschen-Marquette	15:45
2008 - Neenah	John Luterbach-Catholic Memorial	16:06
2007 - Neenah	Andrew Perkins-Watertown	16:20
2006 - Neenah	Andrew Christiansen-Neenah	15:53

2005-Whitnall	Andrew Perkins-Watertown	15:33CR
2004-Arrowhead	David Pede-Wisconsin Lutheran	15:45
2003-Arrowhead	Pete Emmerich-Arrowhead	15:59
2002-Catholic Memorial	Ben Penlesky-Catholic Memorial	15:50
2001-Catholic Memorial	Adam Nelson-West Allis Hale	16:15
2000-West Allis Hale	Paul Brown -West Allis Hale	16:05
1999-Catholic Memorial	Darnell Perkins-Wauwatosa West	15:58
1998-Arrowhead	Matt Groose-Watertown	15:52
1997-St. Catherines	Pat Harrington-West Allis Central	16:14
1996-Arrowhead	Cornelius Hill-Bay View	15:54
1995-Arrowhead	Liam O'Neill-Marquette	15:43
1994-Marquette	Liam O'Neill-Marquette	16:32
1993-Marquette	Jeff Arrington-Arrowhead	16:39
1992-Marquette	Jeremy Gintoft-Marquette	16:07
1991-Wisconsin Lutheran	Jeremy Gintoft - Marquette	16:14
1990-Marquette	Jeremy Gintoft - Marquette	16:28
1989-Marquette	Matt Hammel - Wisconsin Lutheran	16:04
1988-Marquette	Bob Bichler - St. Catherines	16:06
1987-Marquette	Pat Balistreri - Nicolet	15:50
1986-Wisconsin Lutheran	Eric Lueck - Wisconsin Lutheran	
16:19		
1985-Marquette	John Polzin - St. Catherines	16:15
1984-Marquette	R Scopp - Pius XI	16:01
1983-Marquette	Jim Bachelor - Pius XI	15:49
1982-Nicolet	Chris Anschuetz - Brookfield East	
16:22		
1981-Franklin	Chris Anschuetz -Brookfield East	
16:00		
1980-Brookfield East	Greg Barczyk - Greendale	15:58
1979-Franklin	M Stern - Franklin	15:29
1978-Milwaukee Tech	Jerry Husz - Wisconsin Lutheran	15:11

McCarty Park

West Allis

Boys 5000 Meter Championship Course

