

# Grade School Cross Country Run-2021

Please save the date: **Friday, Sept 24**

Races to begin at **5:00 pm**

Races will be held on the Coach Mulrooney Cross Country Course at Arrowhead High School. The course is on the NW Corner of the AHS School Grounds. The course is just south of Hwy K and North of North Campus near the practice soccer fields. All ages and abilities welcome!

Coach Mulrooney has retired but we will continue the great tradition of the grade school run that he started!

**Race hosted by:** Arrowhead Cross Country teams

**Head Boys Coach** – Mike Ray – [runrazor@gmail.com](mailto:runrazor@gmail.com)

**Head Girls Coach** – Curt Kaczor – [warhawkscrosscountry@gmail.com](mailto:warhawkscrosscountry@gmail.com)

**Meet Timing** - Jill Bradley - [jillbradley01@gmail.com](mailto:jillbradley01@gmail.com)

**Registration** will be on milesplit.

Entries will close at 6 pm on Thursday Sept 23.

We hope each school will have a point person / coach to coordinate the entries.

Please forward that point person / coach contact name to Jill Bradley at

[jillbradley01@gmail.com](mailto:jillbradley01@gmail.com) so she can communicate more information about registration.

More details to follow regarding that registration.

## **Race Times:**

5:00 - Girls 5 & under ¼ mile run – No race tag needed. Just show up to the starting line.

5:05 - Boys 5 & under ¼ mile run - No race tag needed. Just show up to the starting line.

*(Parents may accompany their runner in the 5 & under race. This is a participation run only. There will be no medals or printed results.)*

***Please arrive early if you are in the following races. Please pick up your race tag at the race check-in location near the North Campus building / pool doors / door 9 to pick up your race tag. You must wear a race tag when you run. Those will be collected at the finish line when crossed.***

5:10 - Girls 8 & under ½ mile run

5:20 - Boys 8 & under ½ mile run

5:30 - Girls 9-10 mile run

5:45 - Boys 9-10 mile run

6:00 - Girls 11-12 & 13-14 mile run – Awards will be separated between these 2 age groups

6:15 - Boys 11-12 & 13-14 mile run – Awards will be separated between these 2 age groups

**Awards:** Medals to the top 12 runners in each division - except the 5 & under ¼ mile run.

Ribbons to all finishers.

Trophies to the winning teams in the half mile and mile races.

**Entry Fee:** In order to help offset the cost of hosting this meet, we ask that each school pay an entry fee of \$75 or \$3 per runner up to 25 runners.

Checks made payable to Arrowhead High School and mailed to Arrowhead High School, Attn: Coach Kaczor, 800 North Avenue, Hartland, WI 53029

Concessions and T-Shirts will be available for purchase!

Thank You!

Jill Bradley

[jillbradley01@gmail.com](mailto:jillbradley01@gmail.com)

262-442-4254 - cell (text)