



85th ANNUAL MIDWEST INVITATIONAL

hosted by Janesville Craig

Saturday, September 23, 2023

Blackhawk Golf Course, Janesville, WI

Departure Time: We will be leaving from Coach Knetter's room @ 5:30 am

Directions: I-90 to Janesville; Exit E. Racine St. (exit 175); turn left on Palmer Dr. (1st stop light); the start/finish are located at the intersection of Palmer Dr. and Sharon Rd.

The Varsity Race will consist of no fewer than 5, and no more than 7, of the team's BEST RUNNERS. It is imperative that you put, at a minimum, your 5 best runners in the Varsity Race. This keeps this race the fastest and most competitive race and reduces lapping concerns. If a team is putting their fastest runners in the non-varsity race, they may be asked not to return to the Midwest Invitational. We appreciate having you all and hope this never becomes a concern!

The Blue Race will have a time cut-off for entries. Coaches can use their discretion, but should be accurate with their athletes' abilities. **For 2021, the Blue Race boy's time cut-off is a 20:33 5k and the Blue Race girl's time cut-off is a 24:59 5k cut-off.** This means that the Blue Race will consist of a team's fastest NON-VARSITY runners all the way down to runners who can/have run the cut-off times, or faster. This will again avoid major lapping concerns and ensure a highly competitive race. The cut-off times were determined based on previous meet results and should better balance the number of athletes in the Blue and White races to make the races somewhat equal in participant size.

The White Race will include all other runners on a team that cannot run the Blue Race cut-off time. For boys, this means runners who are slower than 20:33, and for girls, this means runners who are slower than 24:59. This will again minimize lapping concerns while keeping race sizes roughly equal. Another benefit to this policy allows athletes who typically never have a chance to be in the "front pack" or have a chance to win a race the opportunity to potentially realize those experiences. Coaches should again use their discretion with placing athletes in the race. However, no athletes faster than 20:33 for boys, and 24:59 for girls, should be placed in the White Race.

Time schedule:

Blue Race Girls (26:00 cut off)	9:00 AM
Blue Race Boys (21:45 cut off)	9:35 AM
Varsity HS Girls (Top 5-7)	10:10 AM
Varsity HS Boys (Top 5-7)	10:45 AM
White Race HS Girls (26:00+ racers)	11:20 AM
White Race HS Boys (21:45+ racers)	12:00 PM
4th-8th B/G Mile*	12:40 PM

Awards: No ceremony. Awards will be presented at the awards tent at the times indicated above; professional photos will be taken at the tent as well.

Blue Race	Medals 1 st – 30 th
Varsity	Three team trophies, individual trophies for team champions, trophy for individual champions, medals 2 nd – 40 th
White Race	Medals 1 st – 30 th
4th-8th	Top 5 medals each gender and grade level

Run Like A Champion Today!

(Phase #2 – Racing Phase.... learning to get out and hang on!)

Boys Varsity	Goal Time	Last Meet's Time	Last Year's Time
Jaren Ward - V			
Logan Cunningham - V			
Blake Schmitz - V			
Luke Sampson -V			
Isaiah Hanna – Funmaker - V			
Keegan Cobbs - V			
Tye Barney- V			
Boys JV	Goal Time	Last Meet's Time	Last Year's Time
Brady Hess -BLUE			
Zion Alwin - BLUE			
Lukas Gruenberg - BLUE			
Luke Knetter - BLUE			
Jonah Dietsch - BLUE			
Andrew Seiler - BLUE			
Mason Robenolt - BLUE			
Ryan Rockwell - BLUE			
Jack Nichols - BLUE			
Hayden Leis - WHITE			

Girls Varsity	Goal Time	Last Meet's Time	Last Year's Time
Caroline Schmitz - V			
Ellery Cobbs - V			
Kayla Garbacz - V			
Maya Michalsky - V			
Marin Walker - V			
Jenna Garbacz -V			
Sima Tollaksen - V			
Girls JV	Goal Time	Last Meet's Time	Last Year's Time
Vanessa Tollaksen - W			
Bailey Paulson - W			
Emma Landers - W			