The Prestigious 2023 Verona CC Invitational-47th Annual

When: Saturday, September 2nd

Departure: 6:00 am from Coach Kuhn's room (@ the High School)

Location: NEW Verona High School Athletic Facilities

(Please refer to the attached map for parking directions.....You may park in Lots E, F, and G)

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 varsity race will be awarded glass awards. Junior varsity awards will be medals for the top 20 in each race. There will also be medals for the top freshmen in the meet.

Pick up bibs and maps at the concessions stand

8:10 am- Coaches meeting at Concessions

8:30 am- Middle school 2.6K run 6th,7th, and 8th grade girls and boys-

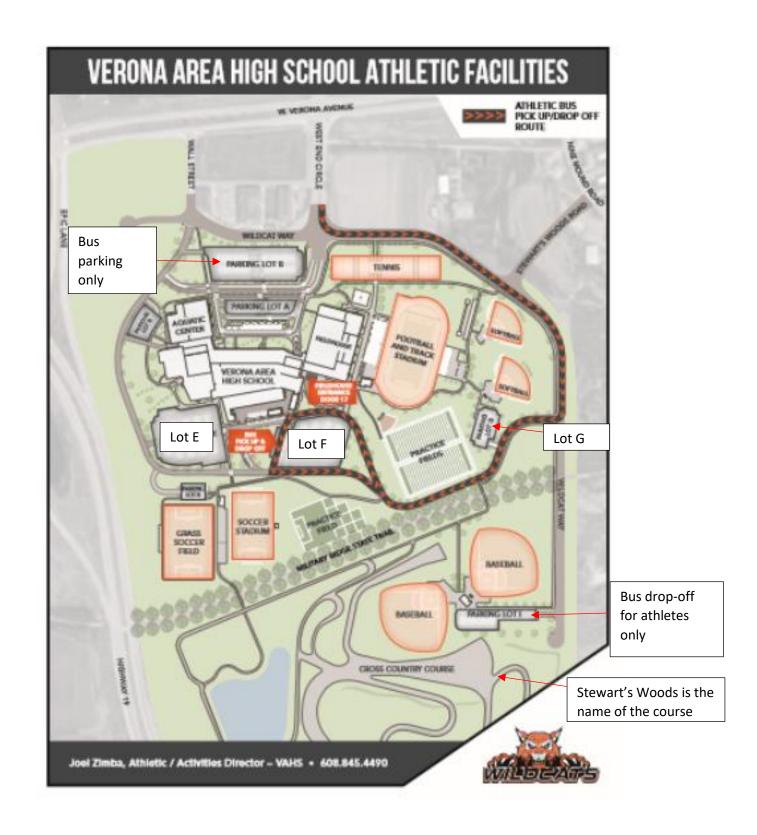
medals top 3 in each grade for middle school.

9:00 am - Boys Varsity- 5K

9:40 am – Girls Varsity- 5K

10:20 am- Boys JV- 5K

11:00 am - Girls JV- 5k



Run Like A Champion Today! (Phase #1 – PACK-up and learn your PACE!)

Boys Varsity	Goal Time	Last Meet's Time	Last Year's Time
Luke Sampson		18:42	
Jaren Ward		19:02	
Logan Cunningham		19:05	
Keegan Cobbs		19:06	
Lukas Gruenberg		19:48	
Isaiah Hanna-Funmaker		20:02	
Blake Schmitz		20:03	
Boys JV	Goal Time	Last Meet's Time	Last Year's Time
Brady Hess		20:17	
Zion Alwin		20:34	
Tye Barney		20:41	
Luke Knetter		20:42	
Jonah Dietsch		20:43	
Andrew Seiler		21:02	
Mason Robenolt		21:09	
Ryan Rockwell		22:31	
Jack Nichols		23:26	
Hayden Leis		28:02	

Girls Varsity	Goal Time	Last Meet's Time	Last Year's Time
Ellery Cobbs		23:43	
Caroline Schmitz		23:56	
Maya Michalsky		25:27	
Kayla Garbacz		26:18	
Marin Walker		26:32	
Jenna Garbacz		26:55	
Sima Tollaksen		28:16	
Girls JV	Goal Time	Last Meet's Time	Last Year's Time
Emma Landers		28:18	
Bailey Paulson		28:22	
Vanessa Tollaksen		28:40	