

WESTOSHA CENTRAL FALCON INVITATIONAL

DATE: Thursday, October 9, 2025

SITE: Fox River Park (directions: head west on Hy, 50 pass the high school approximately ½ mile to Hwy F and turn left. Follow Hwy F to Hwy B. Take Hwy B over the Fox River Bridge to Main park entrance. Park in Lot 1.)

TEAMS: Badger, Beloit Memorial, Big Foot, East Troy, Elkhorn, Franklin, Greendale, Kenosha Christian Life, Racine Case, Shoreland Lutheran, South Milwaukee, Union Grove, Whitnall, Westosha Central, Wilmot, Whitnall,

BUS LEAVES: 1:15 p.m. **BUS RETURNS:** around 7:45 p.m.

EXCUSED FROM CLASS: 1:00 p.m.

TIME SCHEDULE: 4:15 p.m. – All Boys
5:00 p.m. – All Girls

MEET PROCEDURES: 2:10 – arrive at course
2:30 – everyone walks the course
3:25 – Boys do 14 minute warm up run, stretch, sprints
4:00 – Boys should be at the starting line.
4:10 – Girls do a 14 minute warm up run, stretch, sprints
4:45 – Girls should be at the starting line

10 minutes after your race, start your post race cool down procedure.

AWARDS: Medals to top 10 in each race.

T-SHIRTS: Falcon Invite T-Shirts will be sold & **Concessions** will be available

NO WATCHES ARE TO BE WORN BY RUNNERS DURING THE RACE.

**LEARN FROM YESTERDAY.
LIVE FOR TODAY.
HOPE FOR TOMORROW!!!**