

65th ANNUAL CUDAHY PURGOLDER INVITATIONAL

DATE: Saturday, October 4, 2025

SITE: Sheridan Park - Cudahy

TEAMS: Cudahy/St. Francis, Franklin, Milw. Pulaski, Palmyra/Eagle, Pius XI, St. Thomas More, Sheboygan South, Wauwatosa West, West Allis Central.

VANS LEAVES: 7:15 am

VANS RETURNS: around 12:12 pm

TIME SCHEDULE:

- 9:00 am – JV Girls
- 9:45 am – JV Boys
- 10:25 am – Varsity Girls
- 11:00 am – Varsity Boys
- 11:40 am – Awards

MEET PROCEDURES:

- 7:30 – arrive at course
- 7:40 – everyone walks course
- 8:15 – JV Girls 12 minute warm up run, stretch, sprints
- 8:45 – JV Girls should be at the starting line
- 9:00 – JV Boys do 12 minute warm up run, stretch, sprints
- 9:30 – JV Boys should be at the starting line.
- 9:40 – Varsity Girls 12 minute warm up run, stretch, sprints
- 10:10 – Varsity Girls should be at starting line.
- 10:15 – Varsity Boys minute warm up run, stretch, sprints
- 10:45 – Varsity Boys should be at the starting line.

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

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

**THE STARTING POINT OF ALL ACHIEVEMENT IS DESIRE.
WEAK DESIRE BRINGS WEAK RESULTS!!!**