

WOODLAND CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

DATE: Thursday, October 16, 2025

SITE: McCarty Park – 8214 W. Cleveland Ave.

TEAMS: Brown Deer, Cudahy, Greendale, Greenfield, Milwaukee Lutheran, Milwaukee Pius, New Berlin Eisenhower, New Berlin West, Pewaukee, Shorewood, South Milwaukee, West Allis Central, Whitnall, Wis. Lutheran

VANS LEAVES: 12:45 pm

BUS RETURNS: 7:00 pm

EXCUSED FROM CLASS: 12:30 pm

TIME SCHEDULE:

- 3:00 pm – East Division Girls Varsity & JV
- 3:45 pm – East Division Boys Varsity & JV
- 4:30 pm – West Division Girls Varsity & JV
- 5:15 pm – West Division Boys Varsity & JV
- 5:30 pm – Awards Ceremony

MEET PROCEDURES:

- 1:25 – Everyone walks the course
- 2:10 – Girls do 14 minute warm up run, stretch, sprints
- 2:45 – Boys JV at Starting Line
- 2:55 – Girls JV do 14 minute warm up run, stretch, sprints
- 3:30 – Girls JV should be at the starting line.
- 3:40 – Boys Varsity do 14 minute warm up run, stretch, sprints
- 4:15 – Boys Varsity should be at the starting line.
- 4:15 – Girls Varsity do 14 minute warm up run, stretch, sprints.
- 4:50 – Girls Varsity should be at the starting line.

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

AWARDS: Medals to top 21 finishers in each race.

CONCESSIONS: concessions and t-shirts will be available on site.

**CHALLENGES ARE WHAT MAKE LIFE INTERESTING:
OVERCOMING THEM IS WHAT MAKES LIFE MEANINGFULL.!!!**