

## 30<sup>th</sup> ANNUAL MUSKEGO WARRIOR INVITATIONAL

**DATE:** Saturday, September 20, 2025

**SITE:** Lake Denoon Middle School – Muskego

**TEAMS:** Augustine Prep, Catholic Memorial, Cudahy, Fort Atkinson, Franklin, Greendale, Kenosha Tremper, Lake Country Lutheran, Muskego, Oregon, Pewaukee, Racine Park, Ronald Regan, Salem, Slinger, Waukesha North, Watertown, Wauwatosa West, West Allis Central, West Allis Hale, Whitnall, Wisconsin Lutheran

**BUS LEAVES:** 6:45 am      **BUS RETURNS:** around 12:50 pm

**TIME SCHEDULE:**

- 8:30 am – Middle School Race
- 9:00 am – Boys JV Race
- 9:40 am – Girls JV Race
- 10:20 am – Boys Varsity
- 10:50 am – Girls Varsity
- 11:35 am – Awards Presentation

**MEET PROCEDURES:**

- 7:15 – arrive at course
- 7:30 – Everyone walks the course
- 8:10 – Boys JV warm up run for 12 minutes, stretch, sprints
- 8:45 – Boys JV at Starting Line
- 8:50 – Girls JV warm up run for 12 minutes, stretch, sprints
- 9:25 – Girls JV at Starting Line
- 9:30 – Boys Varsity warm up run for 14 minutes, stretch, sprints
- 10:00 – Girls Varsity warm up run for 14 minutes, stretch, sprints
- 10:05 – Boys Varsity at Starting Line
- 10:35 – Girls Varsity at Starting Line

**AWARDS:** Medals to top 10 in JV Races  
Medals to top 20 in Varsity races

**T-SHIRTS:** There might be some for sale.

**PARKING:** The fee is \$5.00. Must be purchase online at: [tickets@justagame.com](mailto:tickets@justagame.com)

**CONCESSIONS:** Will be available during the meet

**ABILITY is what you are capable of doing.  
MOTIVATION determines what you do.  
ATTITUDE determines how you will do it.!!!**