

St. Paul's Lutheran School
210 S. Ringold Street
Janesville, WI 53545
(608)754-4471

August 1, 2021

Dear Cross Country Coach,

Our **40th Flames Invitational Cross Country Meet** will be held this year on Friday, September 10. This year, it is again co-sponsored by the Janesville Tuesday Morning Optimist Club. The meet is scheduled to begin at 4:15 with **4th grade girls** running first.

We will again be holding the meet at the Youth Sports Complex in Janesville (please see attached map). Please be aware that the course may be altered slightly from the map. **The managers of the Youth Sports Complex have one request. We have been asked to stay off the soccer and football fields as much as possible. The course runs around the outside of these fields. Please let your fans and athletes know of this request ahead of time.**

Distances for our meet will be **1 mile for all runners** in 4th through 6th grades. **ALL runners in grades 7 & 8 will run 1 ½ miles.** **See instruction sheet for order of races.** We ask that no student participate in our meet if they have not trained properly by running and warming up in the weeks prior to the meet. **Coaches may move an athlete up one grade division if they wish (ie. fifth grader runs in sixth grade race), in order to have 3 runners in the race. If you already have 3 runners in the race, please do not move any more up.** Races will be separated by grade and gender, for a total of ten races.

If you have been to our meet before you know that it can be a beneficial experience for your students and I hope you will want to come again. If you have not been here before I hope you will consider it this year. **I am enclosing a copy of a map of both courses and also a map of our side of Janesville** so you will know how to get to the course on September 10th. Please be aware that we try to keep the course the same each year, but minor alterations may have to be made on the day of the event.

Since many schools come from out-of-town we hold our event on Friday in order to avoid a weeknight where students would have school the next day. There **will not** be a rain date but we hope the weather will be conducive to holding the meet that day. **Someone will call your school or coach no later than 2:00 on the day of the meet in case of cancellation.**

Again this year, a **trophy** will be given to each 1st place runner and **medals** will be given for 2nd–5th place, along with the certificates we have always done. The trophy and medals will be given to the runners immediately following the race (no special ceremony). The certificates will be sent out within a week following the meet. To help offset some of these costs as well as field rental, we are charging a **\$15.00 entry fee. Checks can be made payable to St. Paul's Lutheran School.**

REGISTRATION IS ONLY BEING ACCEPTED ONLINE at: bit.ly/FlamesCC (look for the link on the left side of the page for registration). Please register by Sept. 8th. Scratches can be done the day of the meet. We will be entering the runners' names into the computer before the meet, so it will be extremely helpful to have all of their names before the meet.

Please send your entry fee of \$15.00 to St. Paul's by Sept. 8TH. You may also bring it on the day of the meet. ***AS AN ADDED INCENTIVE: REGISTER ONLINE BY SEPTEMBER 5TH AND YOUR TAGS WILL BE PREPRINTED FOR YOU!!***

We're looking forward to seeing you on September 10th.

Sincerely,
Mark O. Fenrick, Athletic Director (mfenrick@stpaulsjanesville.com)
Tim Ebeling, Volunteer Coordinator