

## **Three Lakes Invitational Cross Country Meet Thursday, September 21, 2017**

Dear Coach,

On Thursday, September 21, 2017, Three Lakes High School will host the 17<sup>th</sup> Annual Three Lakes Cross Country Invitational.

**Participating Schools:** Crandon, Florence, Lakeland, Northland Pines, Rhinelander, Goodman-Pembine, Laona / Wabeno, Peshtigo, Phelps, and Three Lakes

**Course Distances:** Girls – 5000 meters      Boys – 5000 meters  
Middle School – 3200 meters

**Order of Races:**      4:30 p.m.      Girls' and Boys' Middle School Race  
                                 5:00 p.m.      Girls' High School Race  
                                 5:30 p.m.      Boys' High School Race

**Awards:**      1<sup>st</sup> & 2<sup>nd</sup> place team trophies – High School  
                                 Medals to top 10 runners in each race – High School  
                                 Medals to top 5 girls and top 5 boys – Middle School

**Location:** The cross country course starts and finishes at the Sugar Camp Town Park located on Camp Four Road off of Hwy. 17 in Sugar Camp.

**Special Note:** Please advise your runners and fans that part of our course is on private land. We would like to extend a special thanks to the property owners for allowing us to run on their trails and for all the hard work they put into making our invitational a success.

**Busses:** All busses must remain on the blacktop. Runners must walk into the park. Please do not drive into the park to drop off your runners.

**Concessions:** There will be concessions available.

**Rosters: Please submit your rosters by Monday, September 18th . Instructions included below.**

**Fees:** Please send or bring \$125 fee for high school teams and \$50 for Jr. high teams. Total for both levels to run is \$175.00.

If you have any questions, please feel free to contact me at [laurie.levandoski@gmail.com](mailto:laurie.levandoski@gmail.com) or by calling my cell phone at 715-617-2072.  
Looking forward to seeing you on the 21st!

Laurie Levandoski, Three Lakes Cross Country Head Coach  
Tyson Fitzpatrick, Three Lakes Cross Country Assistant Coach

**Coaches and AD's,**

**Attached is an excel file to be completed for submitting your rosters  
For the Three Lakes Invitational hosted by Three Lakes High School.  
Athletic Directors, please forward this email to your boys' and girls' cross country  
coaches for completion.**

**Coaches, complete the form in the excel format and return to Kevin FitzPatrick at  
[fitz@tandhtiming.com](mailto:fitz@tandhtiming.com).**

**Please do not submit word documents or any other type of files (excel only).**

**Please submit your entire roster under the appropriate team.  
Scratches and deletions are easy on race day, however additions to the roster are not  
allowed. So submit any runner that may run.**

**Contact Kevin FitzPatrick if you have any questions. Rosters are due Monday,  
September 18th.**

**Kevin FitzPatrick  
Tortoise and Hare Race Management  
715-614-1910  
[fitz@tandhtiming.com](mailto:fitz@tandhtiming.com)**