

# 10th Annual National Lutheran Cross-Country Championships 2021

Presented by:

When: October 23, 2021

Where: Concordia University Wisconsin – Course is across the street from campus  
(south)

Time: Boys 12:00 Girls @ 12:45

Race Distance: 2 miles

Categories: Seventh and Eighth grade individuals and sixth grade and below individuals. All runners of all grades will race on each team and will count towards a single team score if they are “scorers” regardless of grade. All teams and individual qualifiers must have qualified through your state meet or be invited only if your state does not have a state meet.

Schedule of Events:

8:30 AM Official Events Merchandise Sales Begins

10:30 AM Registration opens on the course under the CUW CC tent where you can pick up your race packet

10:50 AM Devotion for everyone on the course by the CUW CC TENT if weather permits

12:00 PM Boys race

12:45 PM Girls race

1:15 PM Boys awards and then Girls to follow

Team Qualification for Nationals from each state:

A. All teams must qualify by place through their state meet and this meet must be a 2-mile course.

a. If a state meet has 3 full teams run, then the first place team qualifies.

b. If a state meet has 4 or 5 full teams competing, then the top 2 teams qualify.

c. If a state meet has 6 or 7 full teams competing, then the top 3 teams qualify.

d. If a state meet has 8 -14 full teams competing, then the top 4 teams qualify.

e. If a state meet has 15+ full teams competing, then the top 5 teams qualify.

B. All runners from all grades will count towards team scoring; there will not be a separate 6th grade & below team division at Nationals.

C. Any team that qualifies can take up to a maximum of 10 runners (10 boys and/or 10 girls) to the National meet (all runners must have run in the state meet – NO EXCEPTIONS. Also, all runners must have been on the team all season).

D. If your state either does not have a state meet or has a State meet after Nationals, you can request to send your team to the National meet. In order to be eligible for this opportunity, at least 5 runners from your team must have run under the median time in the same 2-mile meet during the current season. Only then may you enter them as a team without having run in a State Meet for your respective state (said states can only have a maximum of 2 teams). Median time of the year before: 2019 boys 3-6 grade

14:25; boys 7-8 grade 13: 25; girls 3-6 grade 15:18; girls 7-8 grade 15:07. Contact russell.delap@cuw.edu for information/invite.

E. Teams can qualify as long as they all belong to the same school. We do not accept teams that consolidate runners from multiple schools. These schools may only have runners qualify individually to the National meet.

F. Schools may have home schooled runners as a part of their team as long as they are Lutheran and run as a part of their team at the state meet.

Individual Qualification for Nationals from each state:

A. The top 7 seventh & eighth grade “individual” runners who are in the top 25 overall of your respective state meet when combining all grades (must have run the current median time) excluding qualified team members qualify for the National meet individually.

B. The top 7 sixth grade and below “individual” runners who are in the top 25 overall of your respective state meet when combining all grades (must have run the current median qualifying time) excluding qualified team members qualify for the National meet individually.

C. If you do not have a state meet but would like to run in the National meet, you can do so as “individual runners” by invitation only. Your runner(s) must have been on the team for the entire season. In order for these individuals to qualify for the National meet, they must be in the top 10% of a 2-mile meet, while meeting the current median time. Median time of the year before: 2019 boys 3-6 grade 14:25; boys 7-8 grade 13: 25; girls 3-6 grade 15:18; girls 7-8 grade 15:07.

D. All individual runners other than those running in state meets with a 2-mile course must submit their 2 mile time along with the meet results when inquiring (russell.delap@cuw.edu) to qualify.

E. If you have a State Meet and do not keep team score, The top 7 sixth grade and below and top 7 seventh and eighth grade “individual” runners who are in the top 25 overall of your respective state meet when combining all grades (must have run the current median qualifying time) qualify for the National meet individually. Median time of the year before: 2019 boys 3-6 grade 14:25 boys 7-8 grade 13:25 girls 3-6 grade 15:18 girls 7-8 grade 15:07

Awards: Top two teams (National Champions and National Runner-Up) will receive a team trophy, banner and 10 individual medals. Additionally the following individuals will receive medals: top 7 runners first team All-American, 8-14 second team All - American; 15-21 third team All-American (7-8th grade and 6th grade and below categories).

Fee: \$100.00 per team or \$20.00 per individual or \$200.00 for two teams per school. Make check out to: Concordia University Wisconsin \* Please bring a check from your school with you or pay for registration fees day of and be reimbursed by your school. PLEASE do not mail a check unless you can assure it will be received before the National meet.

Course: Flat and very spectator friendly. We will use our land to the south which is completely open.

Uniforms: All members of a team must wear matching color race tops with same identifying team name or logo. Shorts are runner preference. In cold weather the under garments can be whatever the runner wants to wear. The team does not need to match under garment colors.

Results: results will be online at <http://tri-3timing.com/results> AND [www.cuw.edu/ccnationalmeet](http://www.cuw.edu/ccnationalmeet)

\* After each race the results will be posted in the awards tent for coaches ONLY to review for any potential protest for 20 minutes. Once the 20 minute protest time has expired the results are FINAL. It is the responsibility of each coach to review results during the protest period. Once the protest time has been terminated the results will be removed and ready for awards.

Parking: Parking ONLY on campus. The lot next to the course is for the elderly and handicapped ONLY and NO parking on the grass or along the street.

Local Hotels: <https://www.cuw.edu/visit/local-accommodations.html>

\* Tell them you are visiting Concordia University and ask if they provide a discount (they may or may not)

Contact Information:

Concordia University Wisconsin

C/O Russell De Lap

12800 N. Lake Shore Drive

Mequon, WI 53097

P:262-243-4323

F: 262-243-4475 [Russell.delap@cuw.edu](mailto:Russell.delap@cuw.edu)

National Meet Registration 2021

- It is your responsibility to submit all runners who ran on the state meet team/individual who may run the National meet.
- NO RACE DAY ADDITIONS – PERIOD! · Registration is at <http://xcereg.boilertom.net/>
- Create your login and sign your team and/or individual(s) up once the login is created.
- Choose the Lutheran National XC event.
- For individual qualifiers use hh:mm:ss format otherwise it will not register
- All runners MUST be registered on-line to enter the race. We have no paper forms.
- Registration for Nationals will open October 12, 2021.
- Do not register your runners/team until you are certain they have qualified for the National meet. Consult with Russell DeLap for qualification criteria (or read the qualifying standards).
- Technical registration questions/problems can be directed to [Russell.delap@cuw.edu](mailto:Russell.delap@cuw.edu)

· REGISTRATION CLOSES TUESDAY THE WEEK OF NATIONALS AT 11:59PM

· It is always a good idea to print out your registered runners from the “My Runners” link

· If you want to check to see if your runners are registered you can log back in and click “My Runners” link. Those are your runners who are currently registered.

· Teams can only register 10 runners

Final/Race Day Instructions

1. Pick up your race packet by the Concordia Cross Country Tent which will be out by the course.

2. Park anywhere on campus. It is a very short walk to the course.

3. NO PARKING ON THE SIDE OF THE ROAD OR ANYWHERE ON THE SOUTH LOT NEXT TO THE COURSE.

4. Have your runners at the starting line 15 minutes before the start in their box with final warm ups. They can continue to warm up – do run outs etc. Official will need to check each team in. The official will explain the starting procedure.

5. Box Assignments will be in race packets or on registration table. For boxes that have individual qualifiers the front and back row will be seeded to reduce any confusion as to who goes where.

6. Course maps will be in race packets or on registration table.

7. Bib numbers and pins will be in race packets.

8. Wear the bib number on the front.

9. Awards will take place as soon as the second race has concluded and will be done by the CUW Cross Country tent/ Packet pick up area. Please be patient and do not bother the timer/results people.

10. It is the responsibility of the coach to make sure the runners know the course. The course will be well marked on the ground with white paint and directional flags will be placed. The course is completely open. The grass will be cut shorter than the rest so the running path will be distinguishable. I will have course marshals out there as well to help guide the runners.

11. There will be no race day registration of any kind.

12. TEAM SCORING: The top 5 runners of each team score and the next 2 team runners are pushers. All runners over the 7th runner on teams along with all individual qualifiers will not count against the team score.

13. After each race the results will be posted in the awards tent for coaches ONLY to review for any potential protest for 20 minutes. Once the 20 minute protest time has expired the results are FINAL. It is the responsibility of each coach to review results during the protest period. Once the protest time has been terminated the results will be removed and ready for awards.

14. Anyone cutting the course for any reason will be disqualified. That means not obeying directional flags (cutting inside is cheating) or running outside the running path.

15. If you are bringing a tent please set it up anywhere around the Concordia Cross Country tent (north of the course).

16. There will be a 1 mile clock and finish line clock.

17. There will be a lead vehicle for each race.

18. There will be water and ice available at the finish line area. 19. Results will be at [www.cuw.edu/ccnationalmeet](http://www.cuw.edu/ccnationalmeet) AND <http://tri-3timing.com/results>

Fine Designs, Inc. will be handling all t-shirt sales and other merchandise.

**SALE OF OFFICIAL MERCHANDISE WILL BEGIN @ 8 AM AND CONTINUE ALL DAY**

**DESIGN YOUR OWN GARMENT ON THE SPOT!**

**OFFICIAL CHAMPIONSHIP MERCHANDISE**

**STOP BY THE MERCHANDISE TENT @ the COURSE to purchase OFFICIAL 2019 Championship MERCHANDISE....**

Onsite customization is available in a variety of styles colors and sizes!

Performance Apparel, Long & Short Sleeve T-shirts, Sweatshirts and more! In addition, you may also add Fun "CROSS COUNTRY "sayings" to the GARMENT of your choice!!

(CASH and ALL CREDIT CARD Types ACCEPTED)

NO PRE-EVENT ORDERS · Questions contact: Mike Janssen

[mike@finedesigns.com](mailto:mike@finedesigns.com) or 515.986.1848

**NATIONAL LUTHERAN CROSS COUNTRY CHAMPIONSHIPS**

**POLICY: Severe Weather and Lightning Policy**

**PURPOSE:** To ensure the safety of all participants, spectators, and support personnel when participating in, attending, or managing athletic activities at Concordia University Wisconsin.

**SEVERE WEATHER AND LIGHTNING**

**Severe Weather Watch:** As issued by the National Weather Service, conditions are favorable for severe weather to develop. Outdoor athletic activities will continue as normal, but the weather conditions will be closely observed and monitored.

**Severe Weather Warning:** As issued by the National Weather Service, severe weather has been reported in a designated area. All weather conditions will be observed and monitored, and individuals will be encouraged to seek shelter when necessary.

**Lightning:** The proximity of lightning will be assessed utilizing monitoring devices and/or the flash-to-bang count. If the lightning is 10 miles away, all individuals will be directed to seek shelter. Just count the number of seconds that pass between a flash of lightning and the crack of thunder that follows it, then divide that number by five.

The resulting number will tell you how many miles away you are from where lightning just struck.

## MONITORING

The CUW ATC and/or Race Director on duty who will monitor all threatening weather from the time pre-event activities begin, throughout the event. The CUW ATC and/or Race Director will make the decision to remove individuals from an athletic venue and send to the pharmacy building, Heidelberg, Rinker or Field House Lobby.

## NOTIFICATION

If it is determined that the activity should be suspended and individuals should seek shelter, the race director will, via verbal, radio, and/or cell phone communication:

1. Notify all coaches, officials, and participants
2. Notify Campus Safety (262-243-4344)

## EVACUATION

The CUW ATC and/or race director and/or Campus Safety will ensure a safe and orderly evacuation from the venue through announcements.

## DESIGNATED SHELTERS FOR NATIONALS

Open Road: Seek shelter in the nearest inhabited building or lowest point (i.e. ditch).

South Lawn/Field: Seek immediate shelter in the Pharmacy Building and proceed to the basement/tunnels. If necessary, further proceed into the Heidelberg, Rinker facilities or field house lobby.

If outside and no shelter can be located: Assume the lightning safety position (crouched on the ground, weight on the balls of the feet, feet together, head lowered, ears covered). Do not lie flat on the ground. Avoid proximity to the highest point in an open field. Do not take shelter under or near trees, flagpoles, fences, towers, bodies of water, or light poles.

ACTIVITY RESUMPTION – 30 minute “return-to-play” clock To resume athletics activity and return outdoors, lightning safety experts recommend waiting 30 minutes after both the last sound of thunder is heard and the last flash of lightning is seen or is at least 10 statute miles away. This greater distance may mean that the lightning is no longer a significant threat.

The return to outdoor activity will be determined by the CUW AT and/or Race Director on duty.