

TO: ATHLETIC DIRECTOR / CROSS COUNTRY COACHES



2024 Cross Country Conference Tournament
Saturday October 12th, 2024
At MUKWONAGO HIGH SCHOOL

Parking/Bus Drop Off: Busses may drop teams off in the parking lot adjacent to the tennis courts at Mukwonago High School (entrance #1). They **must** then park in the school's **East** parking lot (entrance #3). Team camps are located to the northeast of the starting line. **Please inform your spectators that they may not park in the adjacent neighborhoods and should use the high school parking lots.**

Course: the course will be double lined (except in the case of natural barriers) and flagged throughout with distance markers at the miles and kilometers. Consult the attached map

Camps: located to the South of the tennis courts (on Football practice fields)

Rest Rooms: Bathrooms are located in the concessions area of the track as well as limited porta potties near the team area

Concession: Concession stand (near the track) will be open during the meet

T-Shirts: Conference Championship t-shirts will be sold near the team camps

*****NOTE: Please communicate with your spectators that No Dogs are allowed at the meet*****

SCHOOLS COMPETING(Box Assignments on Second Page): Arrowhead, Catholic Memorial, Kettle Moraine, Mukwonago, Muskego, Oconomowoc, Waukesha North, Waukesha South, Waukesha West

Meet Officials

Dennis Meyer, Tom Emmerich and Mark Pagach

Jury of Appeals

Andy Trudell (Meet Manager)

WIAA Starter (WIAA Starter)

Mike Ray–Arrowhead(Boys Head Coach)

Chris Ramsey–Waukesha West(Girls Head Coach)

Anton Sella–Kettle Moraine (Co-Ed Head Coach)

ENTRIES: all entries will be done through www.wi.milesplit.com and must be entered by 8PM on Thursday Oct 10th (or as determined by Trackside)

Coaches Meeting: a coaches meeting will be held at 8:40 am at the finish line

TIME SCHEDULE

9:30 JV Girls Race

10:05 JV Boys Race

10:45 V Girls Race (10 varsity runners max - top 7 count towards scoring)

11:25 V Boys Race (10 varsity runners max - top 7 count towards scoring)

Awards 12:00 PM (South of the Tennis Courts)

Awards:

Top 16 in each varsity race will receive medals: 8 gold medals for first team all-conference, 8 silver medals for second team all-conference. The top 8 varsity runners from each conference championship team will individually receive gold medals as well. We will also call up the top 10 JV finishers in each race to receive recognition during the awards ceremony.

Results Available At
www.tracksidetiming.com

Box Assignments

(assigned using the same format as WIAA Sectionals)

1. Waukesha West (9th School Alpha)
2. Kettle Moraine (3rd School Alpha)
3. Catholic Memorial (2nd School Alpha)
4. Waukesha North (7th School Alpha)
5. Oconomowoc (6th School Alpha)
6. Muskego (5th School Alpha)
7. Waukesha South (8th School Alpha)
8. Arrowhead (1st School Alpha)
9. Mukwonago (4th School Alpha)

[Course Map](#)

Conference History

Updated 10/12/24

Top 10 Boys 5k Times

Patrick Wills WN 15:12 2021
Patrick Wills WN 15:33 2020
Zachariah Vance Ocon 15:38 2022
Hayden Triebold Ocon 15:42 2022
Alex Vance Ocon 15:44 2019
James Lennington Ocon 15:48 2024
Cole Sandvold Arrd 15:48 2016
Matt Esche WW 15:50 2000
Patrick Wills WN 15:51 2019
Russell Sandvold Arrd 15:52 2011

Top 10 Girls 5k Times

Kate Jochims Mus 18:08 2016
Kate Jochims Mus 18:14 2015
Grace Dargiewicz WS 18:25 2015
Kaylee Beyer Muk 18:26 2015
Kate Sperka Mus 18:27 2017
Ella Anschutz Mus 18:28 2024
Ella Anschutz Mus 18:28 2023
Emma Langer WW 18:34 2015
Noelle Junig Mus 18:35 2022
Kate Sperka Mus 18:37 2019

Past Individual Champions

Boys

2024 James Lennington Ocon
2023 Diego Serraino Mus
2022 Zachariah Vance Ocon
2021 Patrick Wills WN
2020 Patrick Wills WN
2019 Alex Vance Ocon
2018 Elijah Devries Arrd
2017 Elijah Devries Arrd
2016 Cole Sandvold Arrd
2015 Cole Sandvold Arrd
2014 Will Simons Arrd
2013 Mitch Kwapick Mus
2012 Vince Paikowski WS
2011 Russell Sandvold Arrd
2010 Russell Sandvold Arrd
2009 John Luterbach CM
2008 Matt Dugan WW
2007 Billy Schlottke Muk
2006 Andy Lepkowski CM
2005 Mike McFarland Arrd
2004 Alex Webster CM
2003 Brian Culver WS
2002 Brian Les CM
2001 Tris Obluck Muk
2000 Matt Esche WW
1999 Matt Esche WW
1998 Chad Dercks WS
1997 Vince Jamison Arrd

Girls

Ella Anschutz Mus
Ella Anschutz Mus
Noelle Junig Mus
Rachel Helm Mus
Kylie Finger Ocon
Kate Sperka Mus
Kate Jochims Mus
Kate Sperka Mus
Kate Jochims Mus
Kate Jochims Mus
Annie Hughes Arrd
Jackie Dubnicka Arrd
Jackie Dubnicka Arrd
Taylor McDowell Arrd
Jenna McMiller WN
Gabby Levac Arrd
Morgan Sickles CM
Morgan Sickles CM
Alyssa Beste WW
Laura Koch WW
Alicia Pabich WN
Alicia Pabich WN
Emily Ramsey WW
Jackie Mulrooney Arrd
Serena Ramsey WW
Erin Meinecke Muk
Jessica Holt Arrd
Serena Ramsey WW

Top 10 Girls 4k Times

Alicia Pabich WN 14:33 2004
Jenna McMiller WN 14:39 2010
Serena Ramsey WW 14:40 2000
Gabby Levac Arrd 14:41 2009
Jackie Dubnicka Arrd 14:45 2012
Jackie Mulrooney Arrd 14:49 2001
Sammi Donovan WN 14:49 2010
Alicia Pabich WN 14:59 2003
Morgan Sickles CM 14:39 2008
Jenna McMiller WN 14:53 2009

