



Arrowhead Grade School Cross Country Run Wednesday, Sept. 23



Who: All ages and abilities welcome!

Location: Arrowhead High School, 800 North Avenue, Hartland
On the Mike Mulrooney Cross Country Course
NW Corner of School Grounds – just south of Hwy K on practice soccer fields.
Park in lots east of north campus.

Please arrive early. Arriving around 30 to 40 minutes before race time allows time to park, check in, find the starting line, warm up, and be ready to run!

Schedule:

4:00 - Registration Opens and will remain open for the duration of the night.
5:00 – Girls Grade 5k & younger - ¼ mile run – No registration needed. Just show up to the starting line.
5:05 – Boys Grade 5k & younger - ¼ mile run - No registration needed. Just show up to the starting line.
5:10 - Girls 1st & 2nd Grade Half Mile Run
5:20 - Boys 1st & 2nd Grade Half Mile Run
5:30 - Girls 3rd & 4th Grade Half Mile Run
5:40 - Boys 3rd & 4th Grade Half Mile Run
5:50 - Girls & Boys 5th & 6th Grade Mile run – Awards will be separated between these 2 groups
6:10 - Girls & Boys 7th & 8th Grade Mile run – Awards will be separated between these 2 groups

Parents may accompany their runner in the **5k & younger race**.
The 5k & younger race is a participation run only. No printed results. All runners receive a ribbon!

For the 1st grade - 8th grade races, please pick up your race tag at the race check-in location near the start line and the concessions / t-shirt sales tent. You must wear a race tag when you run. Those tags will be collected by meet officials at the finish line.

Entries – Entries will be on athletic.net through PTTiming.com.
Each school is asked to have a representative / coach who can enter the runners in athletic.net

For assistance on how to use athletic.net please visit these sites.
<https://www.tracksidetiming.com/meet-registration.html>

Timing will be provided by PTTiming - Meet link here - PTTiming.com

ENTRIES DUE Tuesday Night Sept 22 at 7 pm

Questions can be directed to Jill Bradley at marctrackcc@gmail.com or bradley@arrowheadschoools.org

Athletes & Spectators

Upon arrival to the race site, athletes should check in at the registration table near the start line. Please proceed to the start line, warm up and listen for your race to be called. Spectators can view the race from several spots along the course and will not be allowed inside of the starting area. Please be mindful of all racers on the course at all times.

Entry Fee: \$3 per runner or \$75 for a school.

In order to help offset the cost of hosting this meet, we ask that each school pay an entry fee of \$75. If your school has fewer than 25 entries then the fee will be \$3 per runner.

Checks should be made payable to Arrowhead High School and either brought to the meet and turned in at registration or mailed to the school at Arrowhead High School, Attn: Coach Kaczor or Coach Ray, 800 North Avenue, Hartland, WI 53029.

Race Course: Course is on the practice soccer fields north of north campus and through the woods on the west side of the practice soccer fields. Parking should be in the lots northeast or east of north campus. Finish line is at the big inflatable arch. Start line is between the flags on the east side of the field. Maps are here

Quarter Mile

https://drive.google.com/file/d/1RXy_4iQST2xyiM0oP679msvUdeoao4Ft/view?usp=sharing

Half Mile

https://drive.google.com/file/d/1d-id_yzR3I7a_wiy-MyfFF3FvL_ihWGO/view?usp=sharing

Mile

https://drive.google.com/file/d/1YtksSncG_CZH0w7GAA2HOU6wyG_Dlrwi/view?usp=sharing

Awards: Awards to the top 12 runners in each division (except the 5k & younger ¼ mile run where all runners will receive a ribbon) Awards are awarded immediately after each race at the awards bench near the finish line. Small trophies are awarded to the winning teams in each half mile and mile races. Top 5 runners from your team are scored and combined for your score.

For Sale: T-Shirts & Limited Concessions will be for sale.

Cash, credit cards and apple pay will be accepted.

Accommodations: Portable restrooms are available near the NW corner of the parking lot

Results: Posted on athletic.net, the AHS website (www.arrowheadschoools.org) under boys cross country and girls cross country, and emailed to your school team coordinator / coach.

Parking: Entrance to the school can be from North Ave on the east side of school. Use the campus entrance at Arrowhead Drive. You may also enter the school campus from Hwy K. The race will run by this entrance, but not across the street, so please use caution and be aware of race activity. Please see attached map. Parking is available in the lots east or south of the north campus building. Minimal parking will be allowed in the lot north of north campus near the

start / finish line area.

https://drive.google.com/file/d/1-tPpsnFYXKjeWreAi_12eMN3i-SvypAL/view?usp=sharing

Starting Box Assignments: None

Lead Bike and Race Marshalls: There will be a lead bike to lead the racers on the course. There will also be race marshalls on the course with yellow vests to assist with race needs.

Trainer

An athletic trainer will be on site. If you need assistance please inquire at the registration table or the finish line.

Emergency Action Plan - [HERE](#)

Officials: Tom Emmerich, Dennis Meyer and Pete Emmerich

Race Directors: Arrowhead Cross Country

Head Boys Coach – Mike Ray – runrazor@gmail.com

Head Girls Coach – Curt Kaczor – warhawkscrosscountry@gmail.com

Meet Manager – Jill Bradley – marctrackcc@gmail.com or bradley@arrowheadschoools.org

Contact us with questions!

Prior Year Results:

2025 - <https://www.pttiming.com/event/2546?pt=results>

- Girls 1st & 2nd Grade Half Mile
 - Vivian Friederich - Unattached
 - Nora Meier - Lake Country
 - Team - Merton
- Boys 1st & 2nd Grade Half Mile
 - Aimon Schultz - Unattached
 - Parker Foerch - North Lake
 - Team - North Lake
- Girls 3rd & 4th Grade Half Mile
 - Kaida Dennisen - Richmond
 - Team - Merton
- Boys 3rd & 4th Grade Half Mile
 - Hank Steiner - CELA
 - Team - Merton
- Girls 5th & 6th Grade Mile
 - Meadow Harrison - Unattached
 - Maya Roberts - Swallow
 - Team - Swallow
- Boys 5th & 6th Grade Mile

- Ezra Orvold - Unattached
- Karl Palmer - St Joan of Arc
- Team - St Joan of Arc
-
- Girls 7th & 8th Grade Mile
 - Audriana Grimord - Hartland Lakeside / North Shore
 - Team - Swallow
- Boys 7th & 8th Grade Mile
 - George Anello - Merton
 - Team - ULS

2024

- Girls 1st & 2nd Grade Half Mile -
 - <https://drive.google.com/file/d/1npSe8xGT2H4eD1m5UmhggtVZXrSKW521/view?usp=sharing>
 - Fiona Emanuele - Lake Country
 - Team - Lake Country
-
- Boys 1st & 2nd Grade Half Mile -
 - https://drive.google.com/file/d/1hIFhgiGnvjvV5lK0ksfrh_sABCCxNCya/view?usp=sharing
 - Hank Steiner - CELA
 - Team - North Lake
-
- Girls 3rd & 4th Grade Half Mile -
 - <https://drive.google.com/file/d/12P-XNe5i5F12la8CjnMXcsgQeaHxd9Vf/view?usp=sharing>
 - Martha Emmerich - St. Charles
 - Team - St. Charles
-
- Boys 3rd & 4th Grade Half Mile -
 - <https://drive.google.com/file/d/1-58KzTwoxa976IL2Zuw-IY2cEgvSp0KK/view?usp=sharing>
 - Leo Vanderpoel - Swallow
 - Team - Richmond
-
- Girls 5th & 6th Grade Mile -
 - <https://drive.google.com/file/d/1FxdA4zkZnOeDNKnc4porRiqwSqchXdaB/view?usp=sharing>
 - Meadow Harrison - Unattached
 - Team - Swallow
-

- Boys 5th & 6th Grade Mile -
<https://drive.google.com/file/d/1FxdA4zkZnOeDNKnc4porRiqwSqcHXdaB/view?usp=sharing>
 - Smith Davies - Unattached
 - Team - North Lake
-
- Girls 7th & 8th Grade Mile -
https://drive.google.com/file/d/19SF0HDfvkspAzV29xCP_x4tMglZeqWbx/view?usp=sharing
 - Audriana Grimord - North Shore
 - Team - Swallow
-
- Boys 7th & 8th Grade Mile -
https://drive.google.com/file/d/19SF0HDfvkspAzV29xCP_x4tMglZeqWbx/view?usp=sharing
 - Keagan Foerch - North Lake
 - Team - ULS

Records:

https://docs.google.com/spreadsheets/d/1IVZqHZpnJs_GziYK-7AvVJmPKh3b3l8ALJzR1HyDnSw/edit?usp=sharing

- Girls 1st & 2nd Grade Half Mile - Martha Emmerich - St Charles -3:21.01
- Boys 1st & 2nd Grade Half Mile - Hank Steiner - CELA - 3:06.70
- Girls 3rd & 4th Grade Half Mile - Martha Emmerich - St. Charles - 3:03.11
- Boys 3rd & 4th Grade Half Mile - Hank Steiner - CELA - 2:54.1
- Girls 5th & 6th Grade Mile - Meadow Harrison - Unattached - 6:12.09
 - Audriana Grimord - Hartland Lakeside - 6:19.34
- Boys 5th & 6th Grade Mile - Kane Straka - St Joan of Arc - 5:47.53
- Girls 7th & 8th Grade Mile - Audriana Grimord - North Shore - 6:10.42
- Boys 7th & 8th Grade Mile - Keagan Foerch - North Lake - 5:22.98