



## Upcoming Junior Vikings Cross Country Events:

### ***Wednesday August 7: 5:45-9:00pm***

All 7th and 8th graders involved with the Junior Viking XC team are invited to the first-ever WiscoRUNNING Summit at Wisconsin Lutheran HS. This exciting night for young distance runners from 7-12th grade will feature 3 special presentations by Drew Bosely, Performance Running Outfitters and Kyler Lueck. Full information can be found on the handout and online registration is now open. The cost is \$25.

### ***Saturday August 24th: 9:00-11:45am***

On Saturday, August 24, the WiscoXC program will be hosting a 3 team scrimmage race with Lakeside Lutheran and New Berlin West. This 2 mile scrimmage race will be held at the LOOP on the community grounds north of Watertown Plank Road and south of Swan Blvd. There will be a boys race and a girls race. **We are inviting ALL members of the Jr. Vikings XC program to participate in this event to run WITH the high school runners.** This is the 1st race for all high school runners. The summer middle school runners will be able to handle the 2 mile distance. Following the scrimmage race, there will be a breakfast for all runners at the Wisco Track Complex concession area. We hope many of the Junior Viking XC runners to join this informal but fun event to start the XC season. More details to come in August.

### ***Saturday September 21st: Minooka Park Waukesha***

WLHS Cross Country is excited to announce that we will be organizing a COED Junior Viking XC Team for the Waukesha South Invitational on Saturday, September 21. This event will take place at Minooka Park as part of the Waukesha South Cross Country Invitational Meet. **All interested Junior Vikings Cross Country Team members** will travel with the WiscoXC team and compete at this event in a middle school race. Details to come regarding race times-etc

**WiscoXC website:** <https://sites.google.com/a/wlhs.org/wiscox/>

WLHS Cross Country maintains a team website that will also include further information for the Junior Viking XC Team. Additionally, you can also follow the WiscoXC program throughout the 2019 season.

## THANKS FOR A GREAT SUMMER OF RUNNING!

For Questions- Please Contact:

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