

**CONCORDIA UNIVERSITY WISCONSIN  
NATIONAL LUTHERAN CROSS COUNTRY CHAMPIONSHIPS**

- Be aware that this will be the Second Annual National Lutheran Grade School Cross Country Championships hosted by Concordia University Wisconsin on October 22, 2011.
- Two separate 2 mile races will be run with one for Girls and one for Boys.
- Last year, teams from three states attended and we are looking to expand to as many states as possible
- All teams must qualify through their state meet, or if such state does not have a state meet, teams and/or individuals can request to attend through the race director by applying to attend. States without state meets will be allowed two at large entries.
- Beautiful Trophies and banners for top teams
- Individual 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Team All-American Engraved Medals will be awarded
- 42 Individual All-American Medals for Girls and 42 for Boys
- Award Ceremony immediately following the races with photo opportunities
- Commemorative National Championship Race Numbers for all athletes
- Two Divisions: 7<sup>th</sup>/8<sup>th</sup> grade and 6<sup>th</sup> grade and below
- Flat & fast course set above the scenic shoreline of Lake Michigan
- Course records: 7<sup>th</sup>/8<sup>th</sup> boys 10:57.61; 7<sup>th</sup>/8<sup>th</sup> girls 12:00.90; 6<sup>th</sup> grade and below boys 11:49.61; girls 12:41.25
- This is the pinnacle cross country meet for this group of runners and we want it to be the best experience ever for the runners, parents and all spectators.
- Commemorative National Championship T-Shirts, Wisconsin Grilled Food and Cold Beverages are available for sale at the meet.
- Runners may visit the beautiful Concordia University Wisconsin Campus across the street from the course.
- Nearby hotels are available for teams requiring overnight accommodations.
- Before or after the meet, visit Milwaukee – only 20 minutes by car.
- Make it a trip of a lifetime and come compete in the best cross country meet in the country – The National Championships!
- Everyone leaves a winner!
- **“I WILL SAY OF THE LORD, HE IS MY REFUGE AND FORTRESS, MY GOD, IN WHOM I TRUST”. PSALM 91:2** – THIS WILL BE THE CUW CROSS COUNTRY TEAM BIBLE VERSE FOR THE YEAR. WE BELIEVE IF YOU HAVE THIS TRUST WITH OUR LORD YOU WILL BE ABLE TO HAVE CONFIDENCE EACH RACE, EACH DAY TO GO OUT AND DO YOUR BEST. WE HOPE ALL OF YOU HAVE A GREAT CROSS COUNTRY SEASON!

For more information go to [www.cuw.edu/ccnationalmeet.com](http://www.cuw.edu/ccnationalmeet.com)

# CONCORDIA UNIVERSITY WISCONSIN NATIONAL LUTHERAN CROSS COUNTRY CHAMPIONSHIPS

This will be the Second Annual National meet and will be held at Concordia University Wisconsin on October 22, 2011. The first year went great and there was a lot of excitement during and about the races. We had great team trophies, banners and medals for the winning teams and All-American recipients.

This year we will have custom made 3 inch medals made specifically for this meet. They will be special and unique. Also I plan on adding some concessions so parents, family and spectators can get something to eat and drink during the day. I will have a limited number of t-shirts again this year for the meet. I am working on a pre-order form for t-shirts so everyone who wants a shirt can get one in their size. Stay tuned for that.

The new National Meet web site is up and running. All of the information regarding the national meet should be there. Be aware of the "links" on the left hand side as these have the registration form and information that is needed. Feel free to contact me or Ken with your thoughts and ideas. We are always looking to make the National meet the best meet it can be.

We am asking for your help! We ask all of you who receive this flyer to print it out and pass it along to other coaches around at your cross country meets or forward it in an email to any coach you know in your/any state.

If you have not received any emails from me please forward your email address and I will include it in the national coaches distribution list. My goal is to have every state aware of the national meet.

Web site for national meet: [www.cuw.edu/ccnationalmeet](http://www.cuw.edu/ccnationalmeet)

Any thoughts about the national meet please let me or Ken know. I hope to see all of you there this year!

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