

# **THE WISCO MILE**

(The Pursuit of the Pineapple)

*This evening of Track will give distance runners of any level the opportunity to race the classic MILE and pursue their personal best. The Mile has always been the premiere event of Track and Field and this meet will exclusively showcase it. We have designed an evening of racing that will promote fast times by incorporating the use of rabbits along with racing under the lights.*

**Meet Director:** Coach Eric Lueck (contact @ eric.lueck@wlhs.org)

**Date:** Wednesday, June 8 (Rain date = Thursday, June 9)

**Location:**

Wisconsin Lutheran High School Track and Field Complex  
330 North Glenview Ave., Milwaukee, Wisconsin 53213

**Check-in and Registration:** 5:15-6:30pm

Check-in will take place at the main entrance to the WISCO Track Complex.

Race day registration will close at 6:15pm in order to set up the races.

Pre-registered milers can pick up race packets up to 7:30pm

**Early Entry Fee:** \$12 (Must be registered by Wednesday, May 25)

**Normal Entry Fee:** \$15 (Must be registered by Wednesday, June 1)

**Late / Race day Entry Fee:** \$20 (Meet T-shirt not guaranteed)

**\*\*Entry fee includes Meet T-shirt and access to finish line food table**

**Spectator Fee:** \$2

**Race Schedule:**

6:00pm	Boys High School Future 5000 (completing 10-11 <sup>th</sup> grade)
6:30pm	Girls Grade School Mile (completing 6-8 <sup>th</sup> grade)
6:45pm	Boys Grade School Mile (completing 6-8 <sup>th</sup> grade)
7:00pm	Boys Freshmen Mile
7:15pm	Girls Open High School Mile (1 section)
7:30pm	Boys Open High School Mile (2 sections)
7:50pm	Coed Community Mile (no rabbits)
8:05pm	**Masters Mile (35 years+)
8:20pm	**Mens Money Mile (post high school to 34 years old)
8:30pm	Girls Elite High School Mile (goal = sub 5:20)
8:40pm	Boys Elite B High School Mile (goal = sub-4:30)
8:50pm	Boys Elite A High School Mile (goal = sub-4:20)

**Rabbits:** With the meet goal of running fast, rabbits will be provided for some of the races. The rabbits will take the runners through the first 1000 of the Mile. Split times for the rabbits will be determined by the seed times / goal times of each participant in the various races.

**\*\*Masters Race:** Based upon female participation, there will be separate races for men and women.

**\*\*Money Mile:** All entry monies in this race will be awarded to the top 2 finishers.

**Meet Announcer:** There will be a race announcer that will introduce each runner, call each race as it unfolds and announce the presentation of awards.

**Race Length:** The full Mile will be accurately measured for this event.

**Music:** Throughout the evening, motivational music related to distance running will be playing to enhance the overall experience of this special event.

**Entry Limitations:** All runners will be limited to racing in 1 event.

**Timing System:** A Fully Automatic Timing (FAT) system will be used for this event.

**Awards:** Customized meet trophies will be presented to the top 3 finishers in each race. We will announce and present these awards within 2 races of the event. A Sendiks pineapple to the winner!

**Restroom Facilities:** available on site. Locker-rooms / shower facilities will not be available.

**WIAA Rule:** Current high school runners are not allowed to wear school issued uniforms.

**Meet Information:** available through [www.wiscomile.com](http://www.wiscomile.com) or through Coach Eric Lueck @ [eric.lueck@wlhs.org](mailto:eric.lueck@wlhs.org) We will update individual race information in a timely fashion.

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**THE WISCO MILE: REGISTRATION FORM**

Name: \_\_\_\_\_ Grade : \_\_\_\_\_ School: \_\_\_\_\_  
(if applicable)

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

Gender (circle one): Male Female Age: \_\_\_\_\_ T-Shirt Size (circle one): S M L XL

Mile PR: \_\_\_\_\_ Possible Wisco Mile Goal: \_\_\_\_\_

Top track accomplishment (enter below): ex: 3<sup>rd</sup> place in State Meet 1600 or 1<sup>st</sup> Team All-Conf. in 3200

Registration form postmarked by May 25 is \$12. Registration form postmarked by June 2 is \$15. Full payment should accompany this registration form. The late fee is \$20.00. Checks payable to Eric Lueck and mail to him at W160 N10503 Old Farm Road, Germantown, WI 53022.

**The Wisco Mile@ Wisconsin Lutheran H.S.  
Parental Consent and Waiver of Responsibility**

We (I) agree that on behalf of the participant named on this registration form, Wisconsin Lutheran High School and/or the The Wisco Mile and/or their staff, coaches or employees will not be held responsible for any injury, accident or loss of property, however caused. It is further agreed that all risks involved in participation in said event are assumed by the participant and his/her parent or guardian, who are responsible for the medical fitness of the enrollee and for all medical costs incurred in case of injury while in attendance at the Wisco Mile.

We have read the above and consent to the terms as stated.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_