



88th ANNUAL MIDWEST INVITATIONAL

hosted by Janesville Craig

Saturday, September 26th, 2026

Blackhawk Golf Course, Janesville, WI

Race numbers: Boys Varsity , Boys Blue , Boys White
Girls Varsity , Girls Blue , Girls White

[Course Video](#)

Lane Assignments

[Meet History](#)

[Course Map \(Color\)](#)

[Course Map \(Black and White\)](#)

We're excited your team will be participating in the Midwest Invitational. Thank you for making it great!

1. Directions: I-90 to Janesville; Exit E. Racine St. (exit 175); turn left on Palmer Dr. (1st stop light); the start/finish are located at the intersection of Palmer Dr. and Sharon Rd.

2. Spectators:



SHARE WITH FAMILIES IN ADVANCE!

Spectators can purchase tickets at this link: [Midwest Invitational Ticket Purchase](#). \$6 for adults, and \$4 for students with school ID and for Senior Citizens. **WE WILL NOT ACCEPT CASH AT THE GATE**, but we will have the option to purchase tickets using a credit or debit card at the gate. Concessions and apparel will be available for cash purchase. To save time entering athletic contests we ask that you download the [GoFan](#) app to your phone and purchase tickets prior to arrival. This will expedite entry to the event. **Please let your spectators know that ticket sales will run from 8:00 AM-noon.**

3. Rules: Our meet is governed by W.I.A.A. regulations.
4. Timing: We have partnered with Trackside Timing for our timing this year, including 1 and 2 mile splits for the 5k races.
5. Registration: Registration opens at 6:00 am on Wednesday, September 16th and **closes at 8:00 pm on Thursday, September 24th.** [Teams will submit their entries through athletic.net.](#)
6. We will take any changes, corrections or substitutions at packet pickup on race day. Please be prepared to provide the correct spelling of first and last name, gender, grade, and of course team. The subs will take the bib of the runner they replace.
 - Each team **MUST** have at least five runners start the varsity race unless granted an exemption by Janesville Craig. Please see the exemption information below.
 - Please contact Trackside Timing with any questions about entries at tracksidetiming@gmail.com. **Please do not contact Janesville Craig with registration/timing questions.**



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Course:

The course is a roughly one-mile loop that is run three times. The course will be properly marked with a painted alley covering the entire course. Please remind your athletes to remain inside the alley lines at all times. Please also help communicate with spectators and athletes to stay off the lines. With the large number of people, sometimes spectators will “squeeze” the course a bit.

We have pace and trail vehicles for all races and this year have roped off inner curves in place of flags at unattended areas of the course. There are no road or pavement crossings on this course. The course has a significant uphill that is run three times and several quick dips on a long, downward portion.

HS girls and boys	5000 meters with 1 & 2-mile splits provided
4th-8th grade	1600 meters

RACE BREAKDOWNS - PLEASE READ FULLY: Please Register your team on [Athletic.net](https://athletic.net). Trackside will not send out individual invites for this meet. For each gender, there will be a “Varsity Race”, a “Blue Race”, and a “White Race”.

The Varsity Race will consist of no fewer than 5, and no more than 7, of the team’s BEST RUNNERS. It is imperative that you put, at a minimum, your 5 best runners in the Varsity Race. If you feel that any runners in your top five are slower than 25 minutes for boys and 30 minutes for girls, you may put them in the white race instead. Please contact Janesville Craig (hunter.salmon@janesville.k12.wi.us) if this happens as you may share a varsity box with another incomplete school. This keeps this race the fastest and most competitive race and reduces lapping concerns. If a team is putting their fastest runners in the non-varsity race, they may be asked not to return to the Midwest Invitational. We appreciate having you all and hope this never becomes a concern!

The Blue Race will have a time cut-off for entries. Coaches can use their discretion but should be accurate with their athletes' abilities. **For 2026, the Blue Race boy’s time cut-off is a 21:30 5k and the Blue Race girl’s time cut-off is a 25:45 5k cut-off.** This means that the Blue Race will consist of a team’s fastest NON-VARSITY runners all the way down to runners who can/have run the cut-off times, or faster. This will again avoid major lapping concerns and ensure a highly competitive race. The cut-off times were determined based on previous meet results and should better balance the number of athletes in the Blue and White races to make the races somewhat equal in participant size.

The White Race will include all other runners on a team that cannot run the Blue Race cut-off time. For boys, this means runners who are slower than 21:30, and for girls, this means runners who are slower than 25:45. This will again minimize lapping concerns while keeping race sizes roughly equal. Another benefit allows athletes who typically never have a chance to be in the “front pack” or have a chance to win a race, the opportunity to potentially realize those experiences. Coaches should use their discretion when placing athletes in the race. However, no athletes faster than 21:30 for boys, and 25:45 for girls, should be placed in the White Race. Should you have any questions, please don’t hesitate to reach out to Janesville Craig Head Coach Hunter Salmon at hunter.salmon@janesville.k12.wi.us.



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Please note below:

Blue Race unlimited entries

Varsity 7 runners max **(At least five must enter and start the varsity race unless granted an exemption from meet host)**

White Race unlimited entries

7. Results: There will be no printed results. All meet results will be available online:
- Live results on race day, as well as PDFs of results, will be on the meet information portion of the Athletic.net page:
 - <https://www.athletic.net/CrossCountry/meet/258480/info>

8. Time schedule:

Volunteer meeting	7:45 AM	Finish Area
Midwest Open Community Race	8:00 AM	Cut off time of 8:40
Coaches meeting	8:30 AM	Finish Area
Blue Race Girls (25:45 cut off)	9:00 AM	9:45 awards tent
Blue Race Boys (21:15 cut off)	9:35 AM	10:15 awards tent
Varsity HS Girls (Top 5-7)	10:10 AM	10:50 awards tent
Varsity HS Boys (Top 5-7)	10:45 AM	11:25 awards tent
White Race HS Girls (25:45+ racers)	11:20 AM	12:05 awards tent
White Race HS Boys (21:15+ racers)	12:00 PM	12:45 awards tent
4th-8th B/G Mile*	12:40 PM	1:10 awards tent

9. Awards: No ceremony. Awards will be presented at the awards tent as soon as results are finalized.
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|------------|---|
| Blue Race | Medals 1 st – 30 th |
| Varsity | Three team trophies, individual trophies for team champions, trophy for individual champions, medals 2 nd – 40 th |
| White Race | Medals 1 st – 30 th |
| 4th-8th | Top 5 medals for each gender and grade level |



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10. Courtesy: Please advise your athletes and fans to stay off all greens and tee boxes. Additionally, all of us need to remain out of Rotary Gardens, west of the starting area. **They are hosting weddings on race day.** We'd like to maintain a positive relationship with our neighbors in order to continue the Midwest Invitational. Thank you!
11. Appeals: (WIAA starter)
 (WIAA starter)
 (WIAA starter)
 Hunter Salmon (Head Coach, Janesville Craig)
 Brett Heimstead (Warren Boys Head Coach)
12. Parking: [Parking](#) is available at the Blackhawk Golf Course lots. There are roughly 75 spaces available and the lots are expected to close early. No buses are allowed in these lots. Palmer Park (north of Racine St.) and Palmer Dr., west of Sharon Rd., has space as well. These areas require a walk to the course, so plan accordingly. Please note Palmer Dr., between Racine St. and Sharon Rd. will be closed to traffic as the event begins at 8:00 AM. Golf cart shuttles are available from Palmer Park area (Racine St. and Palmer Dr. intersection).
- Additional parking is available at Dawson Field (920 Beloit Avenue) and at Craig High School (401 S Randall Avenue). **There is a free shuttle bus that runs from Dawson Field to the meet beginning at 8 am.**
13. Medical: Mercy Sports Medicine has a tent in the finish area to assist athletes with medical needs. Squads from the Janesville Police Department and an ambulance are on site as well.

14. MIDWEST OPEN COMMUNITY RACE:



For anyone in the community including parents, alumni, or coaches, we will be hosting a community open race before the races for the high school athletes begin. The cost of entry is \$20 and the QR code below takes you to the registration page using the app GoFan (the same app to buy tickets to get into the meet). Online registration ends on Wednesday September 23 but there will be day-of registration available. There is a cutoff time at 8:40 to ensure the high school athletes have the space to warm up properly. Contact Hunter Salmon at hunter.salmon@janesville.k12.wi.us if you have any more questions.