

2020 Jackson High School Cross Country Invitational

Date: Saturday, August 29, 2020

Location: Jackson City Park, below lake levee (same location as last year.)
Course and race starting times could be altered due to extreme heat index or wet weather. Be prepared to run an hour earlier if extreme heat is forecast.

Divisions: 9th, 10th, 11th, 12th grades---Boys and Girls will have separate divisions.

Race Times

and distances: 9th 9:00 a.m. 1.95 miles

10th 9:30 a.m. 2.35 miles

11th 10:00 a.m. 2.35 miles

12th 10:30 a.m. 2.35 miles

Fun Run 10:50 a.m. 2.35 miles

Awards Plaques awarded at hospitallity.

(Girls will start 2 minutes after each boy's race). If the heat is extreme, teams should be prepared to run the race one hour earlier. Schools will be notified in advance if race times change due to heat. Please include your contact information on the entry page so that we can contact you if weather conditions dictate time changes.)

Coach Meeting: 8:30 a.m. at the scoring pavilion

Awards: 2 team plaques and 25 individual medals in each H.S. division.

Due to social distancing, medals will be awarded at the chute.

Plaques awarded at t-shirt/ concession pavilion

Entry Fee: \$180.00 per High School (boys and girls) - \$15/individual.

Team Scores: Top 4 boys and top 3 girls in each division will be calculated for team scores

Race Timing/Scoring: Due to safety precautions our meet will be timed and scored by

Missouri Running Company. This year we will be entering online at <http://momilesplit.us>, click on Calendar and then Jackson High School Invitational Entry. If

You have never registered for a race through this system before you will need

A username which may take up to two days so please start the process early.

Entries are due by Monday, Aug. 24, 2020. It is imperative that that runners are registered in the correct division (their accurate grade) when coaches register their teams online.

The start: Starting positions will be drawn by each coach at the coaches meeting.

Check the position of your start well before your starting time. A 5-Minute gun will sound before the start of each race. Due to the staggered

Start you may spread runners into any empty box, to avoid contact in boxes.

Restrooms: Located at Safety City bike area and across the low water bridge.

There will also be portable toilets at the t-shirt/ concessions/score pavilion.

Bus Parking: You may drop off runners, coolers, and tents, at the lower tennis Court/pavilion area. Your bus may then park at the pool parking lot.

T-Shirts/ The Cross-Country Parent's Club will again sell Invitational t-shirts (\$15)

Concessions: Concessions will include packaged items such as chips, cookies, brownies,

Granola bars; delivered pizza, water, soda, etc.

Note: Please double-check those who will not be running on race day (but may be on your MSHSAA roster) due to not enough practices, etc. so that we are not charged for the unused bib numbers (with timing chip).

In past years there have been between 45-70 runners in each race (in each of the 8 HS races), so those numbers are able to spread out on our start line.

We will be sending additional information to entered schools on all of our updates, visitor/fan instructions, team tent locations, additional parking, etc.

If you plan to attend, please fill out the entry form and fax (573-243-9524) as soon as possible. Deadline for your school name to be included on the back of the Invitational t-shirt is Thursday, Aug. 20, 2020. We will send another letter by Aug. 12. Due to continual health updates, you may bring meet fee payment to the meet, if you prefer. Thank you for your prompt reply. If you have any questions feel free to contact John Martin at numbers, below, or Head Coach Andrea Talley at 573-243-9513 or 573-275-0976.

Mail or fax to: John Martin, Athletic Director

Jackson High School,

315 S. Missouri St.

Jackson, Mo. 63755

(573) 243- 9521-- Office phone

(573) 243-9524-- Fax

Jackson Cross-Country Invitational 2020

- ***High school Inv.—August 29, 2020, 9:00 a.m.***

- ***Junior High (7th /8th) –September 8, 2020, 4:15 p.m.***

Jackson City Park .More information to come at a later date.

Name of School_____

We will attend:_____ We will not attend:_____

We will be bringing:

High School boys_____

Junior High boys (7th/8th)_____

High School girls_____

Junior High girls (7th/8th)_____

Name of Cross-Country Coach(s)

Home Phone

Cell #

School Phone

And level (Sr. High, Jr. or Middle school)

An email address that we might be able to reach you, if unable to reach you by phone.

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