

On Saturday, September 11th, 2021 Northwest High School will host its 56th annual cross country invitational. We would like to invite you to participate in this event.

Date: Saturday September 11th, 2021

Time: Coaches meeting at 8:00 a.m. in the cafeteria
Location: Northwest Early Childhood and Senior Center

6180 Hwy MM House Springs, MO 63051

Distance: High School: 5000 Meters

Middle School: 3200 Meters

Entries: Entries should be completed at mo.milesplit.com no later than 5:00 pm on

Thursday, September 9th, 2021.

Order of races: 8:30 a.m. Middle School Boys and Girls (Girls Start 1 Minute after boys)

9:00 a.m.
9:30 a.m.
Varsity Boys (top 7 runners)
10:00 a.m.
Junior Varsity Girls (unlimited)
11:00 a.m.
Freshman Boys (unlimited)
11:30 a.m.
Freshman Girls (unlimited)

12:00 a.m. Awards (Middle School Awards at 9:00)

Awards: Varsity Boys & Girls - 3 team trophies and 30 individual medals

Junior Varsity Boys & Girls – 2 team trophies and 25 individual medals Freshman Boys & Girls – 2 team trophies and 15 individual medals

Junior High Boys & Girls - 2 Team Trophies and 20 Medals

Entry Fee: \$75.00 per Division

Sanction: M.S.H.S.A.A.

Limitations: Seniors are allowed to run on your JV teams, remember that the JV division is NOT

for your top runners. Also, no 7th and 8th graders will be allowed to run in the freshman, JV, or Varsity race. The freshman races are for 9th graders only.

Course: A map of the course will be provided to each team. Inspectors will be located around

Finish: The meet will be chip timed. Please help keep spectators back from the finish.

Start: Starting positions will be drawn assigned prior to the meet. **Scoring:** Fleet Feet Race Productions will be timing the meet this year.

Concessions: A concession stand will be run by the Northwest Cross Country Booster Club.

Meet Shirts: Shirts will be on sale near the concession stand for \$15 each.

High School Teams

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