



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. | Varsity Boys (top 7 runners) |
| 9:30 a.m. | Varsity Girls (top 7 runners) |
| 10:00 a.m. | Junior Varsity Boys (unlimited) |
| 10:30 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 the course to call any rule infractions. [NEW 5K MAP](#) - [MIDDLE SCHOOL MAP](#)
- 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

School	Boys	Girls	MS
Arcadia Valley			
Christian			
DeSoto	X	X	X
Fox			
Francis Howell			
Francis Howell Central	X	X	
Ft. Zumwalt West			
Hazelwood Central	X	X	
Hazelwood East	X	X	
Hazelwood West			
Herculaneum			
Hillsboro			X
Jackson			
Kirkwood	X	X	
Lindbergh	X	X	
Living World Christian			
Lee's Summit	X		
Marquette	X	X	
Mehlville	X		
Northwest	X	X	
Oakville	X	X	
Orchard Farm			
Pacific	X	X	X
Parkway West			
Pattonville	X		
Seckman	X	X	
St. Charles West			
St. Pius X	X	X	
Valley			X
Vianney			
Villa Duchesne			
Webster Groves			
Windsor			
Woodridge			X

