

# SUBURBAN CONFERENCE CHAMPIONSHIP



## GOLD AND SILVER DIVISION CROSS COUNTRY

- Date: Saturday, October 15<sup>th</sup>, 2022
- Location: Lee's Summit North High School, 901 NE Douglas St, Lee's Summit, MO 64086

## DIVISIONS

Gold: Blue Springs, Blue Springs South, Lee's Summit West, Raymore-Peculiar, Liberty North (5 teams)

Silver: Lee's Summit North, Lee's Summit, Liberty, Park Hill, Park Hill South and Staley (6 teams)

## SCHEDULE OF EVENTS

- |                   |         |
|-------------------|---------|
| • Coaches Meeting | 8:30am  |
| • Varsity Boys    | 9:00am  |
| • Varsity Girls   | 9:30am  |
| • JV Boys         | 10:00am |
| • JV Girls        | 10:30am |
| • Awards Ceremony | 11:10am |

Note: We will combine Gold and Silver Conference divisions in the race, but we will separate Gold and Silver in the results for awards. The Suburban Conference does not support a C-team or Freshman race at the Conference Championship meet, so we will combine all in an unlimited JV race. Only top 7 finishers in the JV race in each division will be considered for scoring, though there are no team awards for JV.

## GENERAL MEET INFORMATION

- Admission will be charged at the gate: \$5 for adults and \$3 for K-12.
- Please have your bus drop your team off at the team entrance located in the southwest corner of the parking lot.
- Tent City is tentatively located on the soccer field. NO STAKES ALLOWED. Please plan accordingly as we have irrigation pipes buried.
- Spectator Parking and Entrance: Please feel free to park anywhere in our east parking lot. We would PLEASE ask any spectators to enter cautiously as they will need to cross the course at that point.

- The course is 5000 meters measured on the tangents.
- Competitors must wear their assigned bib numbers on the **front of their jersey along with both shoe chips.**
- The Uniform Rule (NFHS Rule 9-6) shall be enforced in the varsity races.
- Varsity will be limited to 7 runners. JV races are unlimited.
- Trainers and water will be available near the finish chute.
- Porta-potties will be located near the tent city, but dressing facilities will not be available.
- Maps not provided on race day, please print maps as needed for your athletes, coaches, and spectators.

## ENTRY PROCESS – DUE BY WEDNESDAY, OCTOBER 12<sup>TH</sup>

### Timing company: Black Squirrel Timing

Entries are due by Wednesday, Oct 12<sup>th</sup> at 11am. Go to <https://mo.milesplit.com>. Login to your account. Select “Teams” from the top, locate your team, and ensure you have “claimed” your team (you are listed as a coach at the bottom). Then, click on “Calendar” at the top, and find the Suburban Gold Conference meet listed on Oct 15th. Select “Register Now”. Click “Next” to enter the **meet’s password “gkcsconf”**. Select your team then select your athletes by putting check-marks next to their names. Be sure to enter every athlete you think might race. Once you have entered your athletes, be sure to click “Save Changes”. You may edit your roster as needed through October 12<sup>th</sup> at 11am. If you have any entry questions, contact [pmcdavitt@bssd.net](mailto:pmcdavitt@bssd.net).

## SCORING AND AWARDS

First place varsity teams will receive championship plaques.

Medals will be as follows:

- Varsity – 20 medals
- JV – 15 medals

Top 7 varsity performers are 1<sup>st</sup> Team All-conference, while the next 7 are 2<sup>nd</sup> Team All-Conference. Remaining medalists are honorable mention. Results will be posted on MileSplit following awards presentation.

## WORK ASSIGNMENTS

We need 1 responsible adult at each position please!

- |                                |                          |
|--------------------------------|--------------------------|
| • Timing, Scoring, Meet Admin  | LSN and BS               |
| • Finish Line and Finish Chute | BSS, Lib, LSW, Lib North |
| • Marshall 1                   | RP                       |
| • Marshall 2                   | LS                       |
| • Marshall 3                   | PH                       |
| • Call Mile 1 and 2            | PHS, Staley              |

# Lee's Summit North



# Cross Country 5k

## Box Assignments

Box #	
1	Ray-Pec
2	Liberty
3	Staley
4	BSS
5	LSN
6	Blue Springs
7	LSW
8	LSHS
9	Park Hill
10	Liberty North
11	PHS