

St. Vincent Cross Country Middle School Invitational

Wednesday, September 17, 2025

- Location:** Seminary Picnic Grounds
1816 W St Joseph St, Perryville, MO 63775
Please see map below for bus/spectator parking.
Overflow spectator parking is available across the road at the Miraculous Medal Shrine.
- Schedule:** 3:30 Packets available at the stage by the finish line.
4:30 Coaches Meeting
5:00 Middle School Boys
5:30 Middle School Girls
Awards following conclusion of the last race.
- Entry Fees:** \$50 per gender or \$10 per runner, whichever is lower.
Checks payable to St. Vincent High School
210 S Waters Street, Perryville, MO 63775
- Entries:** Entries will be online on MileSplit and will be available at a later date.
Entries are due by 11:00 PM on Sunday, September 14.
- Meet Questions:** John McLain (Head Coach) jmclain@svdepaul.org
- Awards:** Mascot "Medals" - top 15 finishers in each race
Cookie Cake "Trophies" – top two teams in each race
- Course:** **Middle School:** 2400m (Approx 1.5 miles)
Terrain will be fairly even with a short cut grass trail and a sparse amount of gravel spots. Spikes are recommended. Course will be marked at the one mile. **Please know that there are some areas with rough footing. Please note the map below and/or allow time for your athletes to examine the course.**
- Scoring:** We will still be timing the middle school meet ourselves, with bib numbers recorded at the finish line. Points will be awarded to the top 7 runners. All others will be ignored. Team scores will be determined on the top 5 from each finishing team.
- Heat/Weather:** Even with a later date this year, I expect our meet to be hot. If the forecast looks exceptionally warm, we may reduce the race distance and will notify coaches of any changes. PLEASE do not race any athletes that are not prepared for competition. We will do everything in our power to run the meet that evening, but not at the risk of anyone's health.
- Facilities:** Tents are welcome. Restrooms will be available.
- Medical Staff:** EMTs will be on standby
- Water:** Water will be provided to racers at the finish line. Teams may provide water elsewhere on the course in compliance with NFHS rules.
- Concessions:** There will be food and drink available for purchase.
- T-Shirts:** A limited number of meet shirts will be sold for \$15.

Meet Record Holders

Boys: Cameron Hale, Oak Ridge - 9:31 (2024)

Girls: Aliyah Price, Oak Ridge - 11:45 (2024)

2024 Individual Winners

Boys: Cameron Hale, Oak Ridge - 9:31

Girls: Aliyah Price, Oak Ridge - 11:45

