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| First Capital Cross Country Meet |
| McNair Park, St. Charles, MO |
| Friday, Sept. 6, 2019 |

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| **Meet Director:** | **Corey Hahn** - Athletic Director - 636-443-4194 |
| **Schedule:** | 3:45 p.m. - *Coaches Meeting - Finish Line*  4:00 p.m. - *Varsity Boys - Blue (MO Class 1, 2, 3) and White (MO Division 4) Division 5K Run Together - Classes will be separated during scoring.*  4:30 p.m. - *Varsity Girls - Blue (MO Class 1, 2, 3) and White (MO Division 4) Division 5K Run Together - Classes will be separated during scoring.*  5:00 p.m. - *JV - Boys and Girls - 2 Mile*  5:15 p.m. - *JV - Boys and Girls - 5K*  6:00 p.m. - *Awards Presentation* |
| **Entries:** | **Enter all of your athletes as Varsity in the 5K**. I will enter them in each race. They will score where they race. Entries are due no later than **Thursday, Sept. 5, 2019 by 9:00 a.m.** [Online Entry Form](http://entry.trxctiming.com/)  **Entry Directions:**  1. Coaches your team roster will be downloaded to TRXC Timing from the MSHSAA website once you enter your eligibility roster on their site. Please allow 24 hours from the time you entry your eligibility on MSHSAA for your roster to be uploaded onto the TRXC Timing.  2. Select Meets and Enter your Athletes into the Meet |
| **Awards:** | **Varsity 5k** - Twenty (20) individual awards will be handed out in each of the four (4) divisions. **JV 5k** - Twenty (20) individuals awards per gender (no separation by division), **JV 2 Mile** - No Awards |
| **Entry Fee:** | $75.00 per Varsity gender  $50.00 per JV gender  $15.00 per individual for teams less then 5 athletes  **Make checks payable to:** *St. Charles High School @ 725 N. Kingshighway, St. Charles, MO 63301* |
| **Training Staff:** | Athletico Sports PT |
| **Restrooms:** | Will be located on the north end of the street loop. |
| **Course Map:** | [**5K Course**](http://www.trxctiming.com/McNair_Park/McNair_Park_5k_New.pdf)**,** [**2 Mile Course**](http://www.trxctiming.com/McNair_Park/McNair_Park_2M_New.pdf) |
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| **Driving Directions:** | From I-70 Westbound, take exit 228 for First Capital Dr/MO 94. Turn right at First Capital Dr/MO 94. Turn left at W Clay St. Turn right at Droste Rd. McNair Park is located on the right side of Droste Rd. Buses park in the second parking lot entrance.  From I-70 Eastbound, take exit 228 for First Capital Dr/MO 94. Turn left at First Capital Dr/MO 94. Turn left at W Clay St. Turn right at Droste Rd. McNair Park is located on the right side of Droste Rd. Buses park in the second parking lot entrance. |
| **Entry List:** | [**Blue Division**](http://entry.trxctiming.com/arrptmeet.aspx?2,481,,0,R)**,** [**White Division**](http://entry.trxctiming.com/arrptmeet.aspx?2,482,,0,R) |
| **Box Assignments:** | [**Box Assignments**](http://www.trxctiming.com/St_Charles/XC/First_Capital/1st_Capital_box_assignments.pdf) |
| **Proper Chip Usage:** | [**Info**](http://www.trxctiming.com/St_Charles/XC/First_Capital/Ipico_ShoeTag-1_chip.pdf) |
| **Results:** | Will be posted 2 hours after the completion of the event at [**www.trxctiming.com**](http://www.trxctiming.com/) |
| **Past Results:** | [**Available Here**](http://www.trxctiming.com/St_Charles/XC/First_Capital/Results/results.htm) |
| **Entry Questions:** | **Rich Schilling** - 314-522-6176 |