



2019

On Saturday, September 14th, 2019 Northwest High School will host its 54th annual cross country invitational. We would like to invite you to participate in this event.

- Date:** Saturday September 14th, 2019
- 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 athletic.net no later than 5:00 pm on Thursday, September 12th, 2019.
- 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 |
- 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. [MAP COURSE VIDEO](#)
- Finish:** The meet will be chip timed using a finish corral. Please help keep parents and spectators out of the corral and back from the finish.
- Start:** Starting positions will be drawn assigned prior to the meet.
- Scoring:** Fleet Feet Race Productions will time the meet this year.
- Concessions:** A concession stand will be ran by the Northwest Cross Country Booster Club.
- Meet Shirts:** Shirts will be on sale near the concession stand for \$15 each.

Teams Entered

School	Boys	Girls
Arcadia Valley	x	x
Charleston		
Christian Brothers College		
DeSoto		
Ft. Zumwalt West		
Fox		
Francis Howell Central		
Hazelwood Central		
Hazelwood East		
Hazelwood West		
Hillsboro		
Jackson		
Kirkwood	x	x
Ladue		
Lee's Summit		
Lindbergh		
Living World Christian		
Maplewood-Richmond Heights		
Marquette		
Mehlville		x
Northwest	x	x
Parkway Central		
Parkway West		
Riverview Gardens		
Rockwood Summit		
Seckman	x	x
St. Charles		
St. Charles West		
Villa Duchesne		x
Webster Groves		
Total Teams		

