



# ELSBERRY CROSS COUNTRY INVITATIONAL



Monday September 30<sup>th</sup>

Sun Valley Golf Course

<b>Time Schedule:</b>	3:45	-	Coaches meeting
	4:00	-	MS Boys
	4:20	-	MS Girls
	4:45	-	Varsity Girl
	5:20	-	Varsity Boy
	5:50	-	Open Boys' and Girls'

**Entries:** Will be completed on [TRXC Timing](#)  
Entry deadline we be **Monday September 30th, 2019 @ 9:00 am** [Online Entry Link](#)  
Please enter all athletes in correct meet as Varsity regardless if JV or MS, run in correct race at meet  
*MS Athletes with **Elsberry Invitational (MS)***  
*Varsity and JV Athletes with **Elsberry Invitational (HS)***

[Entry List \(HS\)](#)

[Box Assignments \(HS\)](#)

[Entry List \(MS\)](#)

[Box Assignments \(MS\)](#)

**Chip Collection:** Coaches will return all chips to the finish line after the conclusion of all races in the envelope provided in you packet. Chips should be strung in numeric order. No chips will be collected in the finish chute. A \$20.00 fee will be assessed for missing or damaged timing chips.

**Entry Fee:** \$60 per Varsity Boys team, \$60 per Varsity Girls team, \$10 per individual with fewer than 5 Runners  
\$40 for Middle School (run as many as you want, boys and girls)

Please send your entry fee to:  
Kari Koch-Dowell, Athletic Director  
Elsberry High School  
138 Tomahawk Drive  
Elsberry, Missouri, 63343  
417-766-2222

**Awards:** 15 medals for varsity boys and girls  
10 medals for JV boys  
10 medals for JV girls  
15 MS Grade Boy Medals  
15 MS Grade Girl Medals

**Team Trophies:** 1<sup>st</sup> place High School Boys/Girls, 1<sup>st</sup> place MS both Boys/ Girls.

**Website Questions:** Rich Schilling, TRXC Timing 314-522-6176 [rich@trxctiming.com](mailto:rich@trxctiming.com)

**Meet Director:** Kari Koch-Dowell, Elsberry AD [kkoch-dowell@elsberry.k12.mo.us](mailto:kkoch-dowell@elsberry.k12.mo.us)

**Competitors:** Clopton, Community R-6, Ft. Zumwalt East, Bowling Green, Elsberry, Highland, Mark Twain, Montgomery Co. Orchard Farm, Silex, St.Clair, Van Far, Warrenton, Wellsville, Winfield ,Wright City