



TRXC TIMING, LLC



RACE MANAGEMENT SPECIALISTS

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First Capital Cross Country Meet

McNair Park, St. Charles, MO

Friday, Sept. 2, 2022

Meet Director: Ben Owens - 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 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. 1, 2022 by 9:00 a.m.** [Online Entry Form](#)

Entry Directions:

1. Coaches your team roster will be downloaded to MOMileSplit 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 MOMileSplit.
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: \$100.00 per Varsity gender
\$50.00 per JV gender

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](#), [2 Mile Course](#)

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.

Box Assignments: [Box Assignments](#)

Results: Will be posted 2 hours after the completion of the event at www.trxctiming.com

Past Results: [Available Here](#)

Entry Questions: [Rich Schilling](#) - 314-522-6176