

2nd Annual Lutheran High School St. Charles

Cross Country Invitational

Friday, September 1, 2017

Schedule

3:30 p.m. – Coach's Meeting (start line)

4:00 p.m. – Girls Varsity 5k

4:30 p.m. – Boys Varsity 5k

5:00 p.m. – J.V. Combined 5k

5:45 p.m. – Awards Ceremony

-Top 10 Varsity Individuals (boys/girls) – medals given to top 10

-Top Varsity Teams (boys/girls) – plaque given to 1st Place Only

-Top 10 J.V. Individuals (boys/girls)

-Top J.V. Teams (boys/girls)

Teams Participating: Lutheran, Barat Academy, Bishop DuBourg, Orchard Farm, Father Tolton, Duchesne, Rosati-Kain, Principia, The Fulton School

Entries

-Entries will be done on **TRXCtiming.com**

-\$75/gender – unlimited entries. *Teams may enter as many athletes in varsity and JV as they desire, however please be sure that athletes are entered in the division appropriate to their ability.*

Course

The course is a two lap route that starts by going west from the LHS practice fields to St. Peters City Park. The loop runs behind the softball fields in City Park and turns around at the far west end of the park. It then follows the same course back to the LHS property and does a loop around the perimeter of the LHS practice fields. At this point the runners have completed 1.5 miles. They complete the loop a 2nd time followed by a 200m finish down the north side of the soccer field. SEE MAP ATTACHED

-The course will be marked by a solid line and there will be course marshals.

-Description: FAST & FLAT

Questions: Contact Meet Manager and LHS Assistant AD Jim Clark at (314) 974-0447 or clark@lhssc.org