

SEPTEMBER 8, 2018

7:30 am Open Race 5K

7:40 am Coaches Meeting

8:10 am Junior Varsity Girls 5K White/Gold Division Combined

8:50 am Junior Varsity Girls 5K Green Division

9:30 am Junior Varsity Boys 5K White/Gold Division Combined

10:05 am Junior Varsity Boys 5K Green Division

10:35 am National Anthem

10:40 am Varsity Girls 5K Gold Division

11:15 am Varsity Girls 5K White Division

11:50 am Varsity Girls 5K Green Division

12:20 pm Varsity Boys 5K Gold Division

12:50 pm Varsity Boys 5K White Division

1:20 pm Varsity Boys 5K Green Division

1:50 pm Freshman Girls 3K

2:15 pm Freshman Boys 3K

2:35 pm Middle School Boys 3K Green Division (MSHSAA Sanctioned Schools)

2:37 pm Middle School Girls 3K Green Division (MSHSAA Sanctioned Schools)

3:00 pm Middle School Boys 3K White Division (NON-MSHSAA Sanctioned Schools)

3:02 pm Middle School Boys 3K White Division (NON-MSHSAA Sanctioned Schools)

**Division note: For the varsity races, green is the most competitive, followed by gold and finally white.*

Course Map**Intent to Compete Form**

If you have not yet filled out our intent to compete form please click **HERE** and complete the form ASAP. We need this information for sanctioning purposes.

Registration

Registration will open Friday, August 24 at 8 a.m. and will be completed through Athletic.net. The deadline to register will be Tuesday, September 4 at 6 p.m. CST.

More Information

We will be updating the Forest Park Cross Country Festival **website** with 2018 information as it is finalized! We'll send out an email closer to the meet with a final parking/traffic flow plan.

HIGH SCHOOL/MIDDLE SCHOOL PAYMENT INFORMATION

All Payments are due **BEFORE** the start of the meet! We have to be sticklers about payments. It is unfair to everyone who pays on time when teams wait six months or more to turn in their payment. **COACHES** - If your payment has not been received when you pick up your packet on race morning you will be asked to write a personal check in order for your team to be allowed to compete.

If your school needs an invoice please email Joe Porter at jporter@sluh.org and he will send one promptly.

HIGH SCHOOL - The meet entry fee is \$150 per team or \$300 for combined boy's and girl's teams.

MIDDLE SCHOOL - The meet entry fee is \$75 per team or \$150 for combined boys and girls teams.

Any team with more than 35 total athletes (single sex) competing in the meet will pay an additional flat fee of \$50.

Each team may enter up to 9 runners in the Varsity Division. JV and Freshman races have unlimited entries.

Please make all checks payable to St. Louis University High School and send to: