



**Hermitage HS**  
**11<sup>th</sup> Annual Hermitage Cross Country Invite**  
**Saturday, September 23, 2017**  
**Lake Pomme De Terre Dam**  
**(Outlet Park)**

**Meet Overview:**

The race will be run at OUTLET PARK located at Lake Pomme De Terre Dam in the Hermitage area. The course is run on grass, trails and through the wooded area of the park. It is a true cross country course with multiple hills and beautiful scenery. The high school race will be a full 5K, while the middle school and Elementary/open races will be around 1.6 miles. The Elementary/open race will once again be offered for FREE for your younger runners, fans, parents and even you coaches.

**Entries:**

Coaches will submit their entries via TRXC Timing. All entries must be received by **9:00 a.m. on Thursday, September 21<sup>st</sup>**. [Online Entry Form](#)

**Coaches should use the appropriate registration link for your school's division.** Also, there is no need to designate Varsity or JV athletes at this time. Enter all athletes that you anticipate running on race day. I will score the athlete based on what race they run.

**Entry List:**

[Entry List HS \(Small School\)](#)      [Entry List HS \(Large School\)](#)  
[Entry List MS \(Small School\)](#)      [Entry List MS \(Large School\)](#)

**Box Assignment:**

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

**Chip Timing:**

The race will be chipped timed this year. Coaches are responsible for collecting and turning in chips after the completion of the meet. Chips should be turned in rubber banded and in numeric order minus the red twist ties in the envelope provided to you at packet pickup. Lost or damage chips will cost \$25.00 each.

**Time Schedule:**

Coaches Meeting:	8:30 AM
Varsity Boys:	9:00 AM
Varsity Girls:	9:30 AM
JV Boys/Girls:	10:00 AM
MS Boys:	10:40 AM
MS Girls:	11:05 AM
TEAM Awards:	Following the completion of MS Girls race

**\*\* Large and small school divisions will be used this year for each high school race\*\***

**Divisions:**

**Small School** –Class 1 and 2 (Purple), **Large School** – Class 3 and 4 (Yellow)

**Medals:**

Top 20 in Small School Varsity, Small School JV and Small Middle School  
Top 20 in Large School Varsity, Large School JV and Large School Middle School  
Plaques to top 2 teams in varsity, top 2 in middle school and JV (this may change once we see how many teams and athletes will be attending) and a Sweeps award to the top over-all school

**Entry Fee:**

\$70 per gender in HS and separate for MS...no more than \$150 per school (HS and MS included). If only a few runners, we will charge a fee of \$10 per individual.

**Make checks payable to Hermitage Schools or send a copy of PO.**  
(Teams hosting races we are attending – we can trade entry fees)

**Food:**

We will have concessions for sale & **BBQ (other food as well) from The Powell House**

- Shirts:** We will have a great shirt available and they have sold out the last few years, we will be ordering more this year!
- Results:** All results will be posted on TRXC Timing and the MileSplit network after the event.
- Meet Questions:** **Mark Sabala**, Hermitage XC, [mssabala@yahoo.com](mailto:mssabala@yahoo.com) or [msabala@hermitage.k12.mo.us](mailto:msabala@hermitage.k12.mo.us)
- Entry Questions:** **Rich Schilling** – TRXC Timing, [rich@trxctiming.com](mailto:rich@trxctiming.com) or 314-522-6176

## **DIRECTIONS TO OUTLET PARK, LAKE POMME DE TERRE**

### **HERMITAGE, MISSOURI**

#### **Hermitage XC Invite**

**From Clinton using Hwy 13:** exit at the Collins exit. Turn left (East) onto Hwy 54 towards Weaubleau. Stay on Hwy 54 to Hermitage. When you get to the East side of Hermitage, you will turn right onto Hwy 254. You will drive 3 miles South and turn right at Carson's Corner while staying on Hwy 254. You will go 3 more miles and the entrance to Outlet Park will be on your right after you cross over the dam.

**From Springfield using Hwy 13:** exit at the Bolivar/Fair Play/Hwy 32 exit. Turn right and go to the Bolivar square. Turn left onto Hwy 83. You will go about 20 miles, then you will turn right onto Hwy 254. You will stay on this road, go through Galmey and the entrance to Outlet Park will be about 3 miles out of town before you cross the dam. The entrance will be on your left.

**From Springfield using Hwy 65:** take Hwy 65 North to Preston. At the four way stop, turn left onto Hwy 54 going West. You will go about six miles to Hermitage. You will take a left turn onto Hwy 254. You will drive 3 miles and turn right at Carson's Corner while staying on Hwy 254. You will go 3 more miles and the entrance to Outlet Park will be on your right after you cross over the dam.

**From Warsaw using Hwy 65:** take Hwy 65 South to Preston. At the four way stop, turn right onto Hwy 54 going West. You will go about six miles to Hermitage. You will take a left turn onto Hwy 254. You will drive 3 miles and turn right at Carson's Corner while staying on Hwy 254. You will go 3 more miles and the entrance to Outlet Park will be on your right after you cross over the dam.

**From Camdenton using Hwy 54:** take Hwy 54 all the way to Hermitage. You will take a left turn onto Hwy 254. You will drive 3 miles and turn right at Carson's Corner while staying on Hwy 254. You will go 3 more miles and the entrance to Outlet Park will be on your right after you cross over the dam.

**From El Dorado Springs using Hwy 54:** take Hwy 54 all the way to Hermitage. You will take a right turn onto Hwy 254. You will drive 3 miles and turn right at Carson's Corner while staying on Hwy 254. You will go 3 more miles and the entrance to Outlet Park will be on your right after you cross over the dam.