

## Class 4 District 1 Championships

- Date:** Saturday, October 20, 2018
- Location:** Jackson City Park, below lake levee (same location as Invitational)
- Directions:** From St. Louis area: I-55 South to Fruitland exit, exit to the right. Turn right onto Hwy 61 South (business loop 61). Drury Inn, Dairy Queen will be on your right. Travel approximately 4 miles to Independence Ave. at the stoplight. Go through stoplight and take a right into the Jackson City Park Swim Pool parking lot-- Just past Intersection of Hwy. 61 and Rt. D (Independence Ave.) Drive through the park to the lower tennis courts. Drop off runners, Tents, etc. at this location and then park buses back in the swimming Pool parking lot.
- Race Times:** Varsity Girls—11:00 a.m.  
Varsity Boys—11:45 a.m.  
JV /Alternate Race---12:15 p.m.—must be on eligibility list (immediately after boys)  
Awards at approximately 12:30 p.m.
- Coaches Meeting:** 10:15 a.m. at the concessions/t-shirt pavilion
- Awards:** 1 team plaque and 30 individual medals in each H.S. division. Awards Presented at the pavilion by the lower tennis courts at approx. 12:30 p.m. Top 4 teams and top 30 individuals will advance to the Sectional meet.
- Scoring/Timer:** TRXCTiming will be responsible for all timing and scoring of the meet.
- The start:** Starting positions noted on the trxc site. Check the position of your start well before your starting time. A 5 minute warning gun will sound before the start of each race. Official starter will be Jim Stoverink, Sr.
- Restrooms:** Located at Safety City bike area and across the low water bridge. There will also be portable restrooms located beside the concession And t-shirt pavilion.
- Bus Parking:** You may drop off runners, coolers, and tents, at the lower tennis Court/pavilion area. Buses may then park at the swimming pool parking lot.
- T-Shirts/** The Cross-Country Parent's Club will again sell District long-Sleeve t-shirts for \$15.00 for S-XL, \$17.00 for 2XL.  
Printed by Missouri Cotton Exchange.
- Concessions:** Concessions will include muffins, bagels, chips, cookies, brownies, Granola bars, grilled burgers, hot dogs, pizza, water and Powerade.

**Hospitality Table:** For all coaches, administrators and bus drivers; lunch, drinks, snacks will be provided at the t-shirt/concessions pavilion.

**Packet**

**Pick-up:** Located at the concession/t-shirt pavilion beginning at 9:00 a.m.

**Tour of the Course:** Coaches and Athletes may tour the course at any time, as of 10/16.

**Course Marshals:** There will be adult volunteers, coaches and school administrators & personnel at each turn, blacktop drives and paths as well as finish chute area.

**Games Committee-** Will consist of the coaches from Mehlville, Northwest-Cedar Hill, Farmington, Rockwood Summit

**Undergarment Wear:** Please inform your athletes of NFHS rulings and check athletes **before** they come to the starting line, especially those for proper cold weather undergarments.

**Tent Set up:** Suggestions: Next to fence by the mile mark (outside of ball field); the Soccer fields along spring; by the lower tennis courts; or anywhere along Creek.

**Race numbers:** Must be worn on the front of jersey, preferably below school name, but at the waist, or slightly above. Alternates do not have to wear the assigned number for the open race.

**Deadline for entries: Districts:** Meet entries must be entered by 4:00 p.m. on the Monday preceding the meet on [www.trxctiming.com](http://www.trxctiming.com) . Coaches can manage their roster to change/confirm up to 10 runners until 4:00 p.m. Wednesday preceding the meet.

**Questions:** Contact TRXC timing or Jackson High School: John Martin, A.D. at 573-243-9513 or Coach Andrea Talley at 573-275-0976