

ST. CHARLES HIGH



ACTIVITIES DEPARTMENT | BEN OWENS - AD

725 N. KINGSHIGHWAY
ST. CHARLES, MO 63301

636 - 443 - 4170
BOWENS@STCHARLESSD.ORG

First Capitol Cross Country Meet

McNair Park, St. Charles, MO

Friday, September 5th, 2025

Meet Directors: Ben Owens - Athletic Director - bowens@stcharlessd.org - 636-443-4170
Paul Wright - Head Coach - pwright@stcharlessd.org

Entries: Enter all of 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. 4th by 9:00 am.**
Athletic.net

Entry Directions:

- [MSHSAA Athletic.net Help Page](http://MSHSAA.Athletic.net)
- Entry ?'s – Paul Golian - TRXC - 314-522-6176

Schedule: 3:45 pm - Coaches Meeting - Finish Line
4:00 pm - Varsity Boys Division - 5K
4:30 pm - Varsity Girls Division - 5K
5:00 pm - JV Boys & Girls - 2-Mile
5:15 pm - JV Boys & Girls - 5K
6:00 pm - Awards Presentation - Finish Line

Awards: Varsity & JV 5K Races - 30 individual medals will be handed out in each division.
VB, VG, JVB, JVG - *JV 2-mile No Awards*

Entry Fee: \$100.00 - Varsity team per gender
\$75.00 - JV team per gender
\$350.00 - for ALL 4 teams

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.

Bus Parking: **No Buses will be allowed in McNair Park.** Please park buses along Droste Rd for drop off and then proceed to St. Charles West High School to Park. Coaches please get contact information for your bus driver.

Timing Chips: Schools are responsible for turning in their chips at the conclusion of the meet. Any damaged or lost chip will result in a \$35 charge to the school!

Box Assignments: [Box Assignments](#)

Rosters: [Boys](#) [Girls](#)

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

Past Results: [Available Here](#)

Course Map: [5k Map](#) [2 Mile Map](#)

Make checks payable to:

St. Charles High School - 725 N. Kingshighway - St. Charles, MO 63301

Trainers will be available and Restrooms will be located on the North end of the street loop