



2nd Annual Lutheran High School St. Charles Cross Country Invitational Friday, September 1, 2017



- Meet Director:** Doug Kuhlmann 314-497-3014 or email dkuhlmann@lhssc.org
- 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
- Entries:** This year we will be using [TRXC](#) for the Timing of our Meet. All entries will be done on their website. ***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***
All entries must be submitted by **Thursday August 31st at 12:00 pm** [Online Entry Link](#)
- Entry Limit:** Unlimited entries
- Entry Fee:** \$75 per gender
- Chip Collection:** Coaches will return all chips to the finish line after the conclusion of all races in the envelope provided in you packet. Chips should be strung in numeric order.
No chips will be collected in the finish chute.
A \$20.00 fee will be assessed for missing or damaged timing chips.
- [Entry List](#) [Box Assignments](#)
- Entry Questions:** Rich Schilling, TRXC Timing 314-522-6176 rich@trxctiming.com
- Awards:**
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)
- 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.
- [Course Map](#)
- The course will be marked by a solid line and there will be course marshals.
Description: FAST & FLAT
- Participating Teams:** Lutheran, Barat Academy, Bishop DuBourg, Orchard Farm, Father Tolton, Duchesne, Rosati-Kain, Principia, The Fulton School, St. Charles, Wright City
- Questions:** LHS Assistant AD Jim Clark (314) 974-0447 clark@lhssc.org