



2011 MIAA Cross Country Championships



Hosted by Missouri Southern State University
Meet Information

Date: Saturday Oct. 22, 2011

Location: MSSU Cross Country Course

Race Schedule:

8:00 AM	Course open
9:15	Women report to Starting Line 15 min. Gun
9:25	Sweats off 5 min. Gun
9:30	Women's 6K
10:15	Men report to Starting Line 15 min. Gun
10:25	Sweats off 5 min. Gun
10:30	Men's 8K
11:30	Awards

Course Review: The Course is available all day Friday Oct. 21, until dark. XC Course will be open at 8 AM Saturday until the First Race. There is a warm up grass course across the street north of the XC Course that can be used Saturday if needed.

Course Maps: [Women's 6k](#), [Men's 8k](#)

Coaches Meeting: The Coaches meeting will be at the Billingsly Student Center Room 343 at 6:00 PM. No meal will be provided. At this time we will go over final meet information and declaration of your 10 runners.

Box Assignments: [Box Assignments](#)

Entries: Entries are due Wednesday, October 19, 2011 by 5 pm. [Online Entry Form](#)

Entry List: [Men](#), [Women](#)

Awards: We will present Awards at the Course unless inclement weather then it will be across the street in L&P Athletic facility. Team Trophies and plaques to top 10 individuals. Plaques will go to the top male and female freshman.

Trainers: Training room will be open Friday until 5 PM at the Back of L&P Athletic Center and Saturday morning at 8 AM and then move to the Course at 8:30 before the races. Darin Moore 417-540-8530 or Amanda Wolf 417-529-4448.

Locker Rooms: Locker rooms are available at the back of Young Gym across the Street.

Results: Results will be posted as soon as the races are completed. Any protest for the men's and women's race can be made within 30 minutes after the results for **Men's 8K are posted**.

Substitutions: If due to injury or illness a declared athlete is unable to compete, a team may substitute an athlete up to 45 minutes before the start of their race, the injured or ill athlete will need to report to the Head Trainer at the Meet along with the Meet Referee for approval.

Parking: **Team Parking** - North of the XC course next to the finish line off of Newman Rd.
Spectator Parking - will be at Fred Hughes Stadium.

Meet Information: Coach Tom Rutledge 417-625-9554 - rutledge-t@mssu.edu
Coach Patty Vavra 417-625-3063 - vavra-p@mssu.edu

Website Questions: Rich Schilling 314-522-6176 – rich@trxctiming.com