



Southern Stampede Cross Country Meet

Saturday, Sept. 17, 2011

Hosted by:

Missouri Southern State University

Race Schedule - Revised

- 8:30 am University / Open Women – 5K – (18 runners maximum)
- 9:15 am University / Open Men – 8K – (18 runners maximum)
- 10:15 am High School Girls Varsity – 5K (8 runners per team maximum)
- 10:30 am University / Open Awards Presentation
- 11:00 am High School Boys Varsity – 5K (8 runners per team maximum)
- 11:30 am Girls Junior Varsity Race – **2 mile** (10 runners per team maximum)
- 11:50 am Boys Junior Varsity Race – **2 mile** (10 runners per team maximum)
- 12:30 pm High School Varsity and Junior Varsity awards Presentation

Entry Fee (Full Team is 5 or more athletes)

University / Open Regular *	\$250 per gender or \$500 for both Men and Women's (18 Maximum)
University / Open Preferred*	\$200 per gender or \$400 for both Men and Women's (18 Maximum)
Unattached Runners	\$25 per individual (Unattached Runners in University and Open Race Only)
High School Varsity	\$125 per gender or \$250 for both Girls and Boys Varsity Team (8 Maximum) – Teams less than 5 is \$25.00 each
High School JV	No charge but must have full 8 person team in Varsity (10 Maximum)

CHECKS MUST BE MADE OUT TO: MISSOURI SOUTHERN CROSS COUNTRY 3950 E. Newman Rd. Joplin, Missouri 64801

Payable with Cash, Check, or P.O: No Credit or Billing is available. These are due the Day of the Race at Check in.

Fees are based on athletes entered, not participating.

NO P.O., CASH, OR CHECK YOUR TEAM WILL NOT BE ABLE TO RUN.....

* *The NCAA Division I, II, and III Cross Country Executive Committees of the USTFCCA have launched a new initiative to promote more involvement in our national professional group, the U.S. Track & Field and Cross Country Coaches Association. These Executive Committees have requested that all USTFCCA members who host regular-season 2011 Cross Country meets offer preferred entry fees for USTFCCA members. As part of this initiative, the 2011 Southern Stampede will offer preferred entry fees for USTFCCA Members.*

Regular Entry Fee for non-USTFCCA members - \$250 per gender(\$500 for men and women)

Preferred Entry fee for USTFCCA members - \$200 per gender (\$400 for men and women)

You can check your current USTFCCA membership status at <http://www.ustfcca.org/membership-status>. If you are not a member, it's easy to join. Just contact Mandi Magill at Mandi@ustfcca.org for access to your program's online USTFCCA account, where you can pay 2011 USTFCCA membership dues.

Chips not returned or damaged on meet day will result in a \$20.00 per chip charge

Entries: Entries are due by 5 pm on Monday, September 12, 2011 at **Entries are Closed**
High School Coaches entry all athletes as Varsity competitors and in the 5k. I will enter them into both races allowing them to show up in the results based on the race that they run. No need to designate.

Entry Directions:

1. Create an Account or Log into an Existing Account
2. Add your Roster or Update your Existing Roster
3. Select Meets and enter your athletes into the meet.

Scratches/Changes: Coaches can manage their rosters until 5 pm Wednesday, September 14, 2011 at - **Closed**

Entry List: [HS Girl's](#), [HS Boy's](#), [Collegiate Women](#), [Collegiate Men](#) – **Final**
Checking your entries - [Directions](#)

Box Assignments: [HS Box Assignments](#), [Collegiate Box Assignments](#) – **Final**

Course Map: [2.1](#) [5k](#) [8k](#) [Course Description](#) Website - <http://mssulions.com/facilities/xc>

Packet Pick Up: Packets can be picked up Saturday Morning between 7:30 am – 11:00 am in front of the stadium

Parking: **Team Parking** is located is north of the track off of Newman Rd
Spectator Parking is located in the Stadium parking lot south of the cross country course
[Site Map](#)

Scoring: The first 5 runner will count in team scoring and the 6 and 7 runners will count as displacers.

Awards: **Team Awards:** Top Two Teams in University, High School, and Junior Varsity Races
Individual Awards: University Top 10 (Medallion) High School Varsity Top 10 (Medallion)
Junior Varsity: Top 5 (Medallion)

Spectators: There will be a \$5.00 admission charge for spectators.

Trainers: MSSU Trainers will be available on site.

Questions: Tom Rutledge – Head Cross Country Coach – 417-625-9554 Rutledge-T@MSSU.EDU
Rich Schilling – Website/Entry Questions – 314-522-6176 rich@trxctiming.com