

NEW Race Schedule

SCHEDULE OF EVENTS – NEW FOR 2019! SEPTEMBER 13, 2019

No college races this year

Course preview for high school and middle school athletes available anytime after 2 pm
Race packets and meet merchandise will also be available after 2 pm

SEPTEMBER 14, 2019

7:30 am Open Race 5K
7:40 am Coaches Meeting
8:10 am Varsity Girls 5K White Division
8:40 am Varsity Girls 5K Gold Division
9:10 am Varsity Girls 5K Green Division
9:40 am Varsity Boys 5K White Division
10:10 am Varsity Boys 5K Gold Division
10:40 am Varsity Boys 5K Green Division
11:05 am Junior Varsity Girls 5K White/Gold Division Combined
11:50 am Junior Varsity Girls 5K Green Division
12:30 pm Junior Varsity Boys 5K White/Gold Division Combined
1:10 pm Junior Varsity Boys 5K Green Division
1:40 pm Freshman Girls 3K
2:05 pm Freshman Boys 3K
2:35 pm Middle School Boys & Girls 3K Green Division (MSHSAA Sanctioned Schools)
3:00 pm Middle School Boys & Girls 3K White Division (NON-MSHSAA Sanctioned Schools)

Division note: For the varsity races, green is the most competitive, followed by gold and finally white.

****If heat poses a threat to athlete safety, we reserve the right to shorten the JV race distances.****

Awards Schedule

The top three teams in each race will receive team awards. The top 30 individuals in each race will receive custom Forest Park Cross Country Festival medals.

Open Race – 8:30 am
Varsity Girls (all divisions) – 9:50 am
Varsity Boys (all divisions) – 11:05 am
JV Girls (all divisions) – 12:50 pm

9/3/2019

[View Mailing](#)

JV Boys (all divisions) – 2:20 pm
Freshmen and Middle School – 3:20 pm (or after completion of middle school races)

Course & Parking Notes

The meet will be held on Aviation Fields. The footprint of the Festival and course will include Aviation Fields, the Archery Range and Bowl Lake (all in the vicinity of the James S. McDonnell Planetarium).

Course Map

COURSE PREVIEW

We won't have full access to the field until Friday, September 13. If you choose to preview the course before Friday, just be aware that softball games may be going on and there will be outfield fences up that block the course. If your team is able, we recommend viewing the course after school on Friday, September 13. **In addition, meet merchandise will be available for sale starting at 2 p.m.**

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PARKING

Parking will be significantly better this year because of the absence of LouFest. We have been assured access to the Upper Munny Parking Lot for athlete, spectator and bus use on race day. Street parking within the park has drastically opened up as well. Please obey all posted parking signs. Please make sure your athletes and spectators **DO NOT** cross through the Highlands Golf Course. It's dangerous and private property. We'll share bus routes and a parking map closer to the meet.

We Need Volunteers

We need volunteers to make sure everything runs smoothly on race day. If you are willing, we'd love for you to ask the parents of your athletes if they can spare a few hours to help out. There are several jobs/shifts that are short, still allow for race viewing and are easy!

Volunteer details and [sign up](#) can be found [HERE](#). Thanks in advance!

Open Race

Coaches when was the last time you laced up your spikes?!? The Forest Park Cross Country Festival kicks off with an Open Race at **7:30 am**. This 5k race is open to the public and serves as a great opportunity for coaches, parents and/or younger brothers and sisters to compete on the same course as the high school athletes. Trust us - it gives you a great appreciation of what your athletes will go through that day. Medals will be presented to the top 30 finishers for men and women.

Click [HERE](#) for details and registration. It's only \$12 if you register before race day!

Mercy Sports Medicine



**Sports
Medicine**

Forest Park Cross Country Festival is proud to have Mercy Sports Medicine back as the Official Medical Provider of the meet. They will be on-site at the meet to attend to any medical needs that may arise.

A word from Mercy:

At **Mercy Sports Medicine**, our sports medicine physicians provide training, treatment and rehabilitation whether you're an elite athlete or someone who simply wants to enjoy better physical health. Our sports medicine fellowship trained orthopedic surgeons, physicians, certified athletic trainers and physical therapists use the latest techniques and technologies to get you back to being you.

What makes Mercy different?