

Time: Coaches meeting at 8:00 a.m. in the cafeteria

Location: Northwest Early Childhood and Senior Center
6180 Hwy MM House Springs, MO 63051

Distance: High School: 5000 Meters
Middle School: 3200 Meters

Entries: Entries should be completed at mo.milesplit.com no later than 5:00 pm on Thursday, September 9th, 2021.

Order of races:

8:30 a.m.	Middle School Boys and Girls (Girls Start 1 Minute after boys)
9:00 a.m.	Varsity Boys (top 7 runners)
9:30 a.m.	Varsity Girls (top 7 runners)
10:00 a.m.	Junior Varsity Boys (unlimited)
10:30 a.m.	Junior Varsity Girls (unlimited)
11:00 a.m.	Freshman Boys (unlimited)
11:30 a.m.	Freshman Girls (unlimited)
12:00 a.m.	Awards

Awards:

- Varsity Boys & Girls - 3 team trophies and 30 individual medals
- Junior Varsity Boys & Girls - 2 team trophies and 25 individual medals
- Freshman Boys & Girls - 2 team trophies and 15 individual medals
- Junior High Boys & Girls - 2 Team Trophies and 20 Medals

