



**NOTRE DAME CROSS COUNTRY
INVITATIONAL**
Cape Girardeau Notre Dame High School
Saturday, October 3, 2020

DATE: Saturday, October 3, 2020

9:30 A.M. - **COACHES MEETING** – (Inside entrance to high school)
10:00 A.M. - **VARSITY BOYS** – (Top 7 Runners)
10:30 A.M. - **VARSITY GIRLS** – (Top 7 Runners)
11:00 A.M. - **JUNIOR VARSITY BOYS** – (Unlimited)
11:45 A.M. - **JUNIOR VARSITY GIRLS** – (Unlimited)
12:30 P.M. - **7TH-8TH BOYS** – (Unlimited)
1:00 P.M. - **7TH-8TH GIRLS** – (Unlimited)

**AWARDS – FOLLOWING COMPLETION OF ALL RACES AND
COMPLETE TABULATION OF RESULTS**

ENTRY FEE: \$200.00 per school. TRXC Timing will be used for meet registration and the timing of the meet.

ENTRIES: Entry deadline will be on **Wednesday, September 30th, at 9:00 A.M.**
NO LATE ENTRIES WILL BE ACCEPTED
[Online Entry](#)

AWARDS: 1st and 2nd place trophies will be awarded for each race. Medals will be awarded to the top 25 finishers in each varsity and junior varsity race. Medals will be awarded to the top 25 runners in each 7th-8th grade race. 1st place medals will be gold; 2nd place silver; the remaining will be bronze. Individual trophies will be awarded to the top finishers in each race.

COURSE: 5000 METERS (5K) – ALL VARSITY AND JUNIOR VARSITY RACES
3000 METERS (3K) – 7TH-8TH RACES

The meet will be run on our new and improved cross country course located at the Notre Dame High School Campus on Route K. The old course was flat and very fast. The new course is continuous, with no repetition throughout the 5K distance. The course has everything; long gentle downhills, sharp downhills, long gentle uphill, sharp uphill, long flats, along with switchbacks. The course is groomed and grassed. Maps of the course will be provided to each team the day of the race in their team packets. Inspectors will be located around the course to call any rule infractions and to insure that runners follow the course correctly. Flats or spikes may be worn. All turns will be flagged and portions of the course will be marked with white lines and/or directional markers. Distance markers will be located every half mile along the 5K distance.

COMPETITION: Schools may enter up to seven individuals in the varsity races. The first five individuals will count as the team score. The sixth and seventh finishers will run as pushers. Junior varsity as well as 7th-8th grade races will be allowed unlimited entries with the first five individuals counting as the team score. HYTECH computerized scoring along with IPICO Chip Timing will be utilized for all races. Finish Lynx automatic timing will be used for all races. Competitor numbers will be given and worn by all runners in all divisions. Results will be available for coaches in hard copy form upon conclusion of the meet, as well as posted immediately on www.trxctiming.com as well as mo.milesplit.com.

DRESSING: Restroom facilities will be open and available, but it would be best to dress at home.

PACKETS: Packets containing meet information and course maps will be available at the course after 9:30 A.M. the day of the meet.

PARKING: Bus parking will be available in the gravel west high school parking lot. We will have someone there to help direct you.

T-SHIRTS: Notre Dame Cross Country Invitational short and long sleeve T-shirts will be sold at the meet. Please tell your athletes and parents the cost will be approx.. \$12.00 for short sleeve and \$15.00 for long sleeve.

CONCESSIONS: An assortment of food and drink will be provided for purchase by the Notre Dame Booster Club.

MEET QUESTIONS: Richard Bohn | Coach | richardbohn@notredamecape.org | (573)837-0828
Jeff Graviett | A.D. | jeffgraviett@notredamecape.org | (573) 335-1448

ENTRY QUESTIONS: Rich Schilling | TRXC | rich@trxctiming.com | 314-522-6176