

The 6th Annual



**Saturday,
September
29th, 2018**

Meet Directors: [Rich Schilling](#) – TRXC Timing, LLC – 314-522-6176
Cary Eldredge – Liberty Wentzville HS
Dennis Licklider

Where: Oak Hills Golf Center, Jefferson City, MO
Alternate Course – Jefferson City Fairgrounds

Race Distance: High School – 5,000 meters
Middle School/Junior High – 2,500 meters

Race Schedule: **TENTATIVE -**
9:00 am –Varsity Girls Class 3 and 4 (8 runners max)
9:30 am –Varsity Boys Class 3 and 4 (8 runners max)
10:00 am –Varsity Girls Class 1 and 2 (8 runners max)
10:30 am –Varsity Boys Class 1 and 2 (8 runners max)
11:00 am –JV Girls Class 1, 2, 3, and 4 (Unlimited)
11:30 pm –JV Boys Class 1, 2, 3, and 4 (Unlimited)
12:00 pm –Middle School/Junior High Girls (Sanctioned) (Unlimited)
12:20 pm –Middle School/Junior High Boys (Sanctioned) (Unlimited)

Entry Fee: **Payment must be made either online or mailed before entries can be made online.**
Once your payment has been processed (usually 24 hrs) you will be given access to register for the Capital City Cross Country Challenge. All sales are final. There are no refunds.

High School

1-4 -Athletes - \$40.00 each
5-18 - Athletes - \$200.00 per gender
Unlimited - \$250.00 per gender

Middle School

\$30.00 each
\$130.00 per gender/Unlimited

Online Payment Option: Coaches looking to enter the Capital City Cross Country Challenge must pay before registering. All sales are final. There are no refunds. [Online Payment](#)

Intent to Compete: [Intent Form](#)

Online Entry: **Reminder – payment must be made prior to registering (See above)** Entry deadline is Wednesday, September 26th at 4:00 pm [Online Entry Form](#)

Course: The Oak Hills Golf Center course, site of the MSHSAA Cross Country Championships is rolling hills with solid footing. Double flagged, with double solid white line for all races.
[5K Course Map](#) [2500 Course Map](#)

Course Inspection: The course will be open for inspection Friday only after 3pm. (Weather Dependant)
Teams wishing to preview the course on Friday must park in the water tower lot.
Please no parking at the clubhouse or maintenance lot. [Parking Map](#)

Entry List: [Class 1](#) [Class 2](#) [Class 3](#) [Class 4](#) [Middle School](#)

Box Assignments: [Class 1&2](#) [Class 3&4](#) [Middle School](#)
JV Boxes (First Come, First Serve)

Awards: **No awards will be mailed**

High School and Middle School Races

10:15 am – Class 4 – Varsity Awards – Top 25 per Division
10:45 am – Class 3 – Varsity Awards – Top 25 per Division
11:15 pm – Class 1 & 2 – Varsity Awards – Top 25 per Division
12:15 pm – Class 3, and 4 – JV Awards – Top 10 per Division
12:45 pm – Class 1, and 2– JV Awards - Top 10 per Division
1:15 pm – Middle School (Sanctioned Awards) – Top 25 per Gender

Scoring: **High School** - Varsity and JV Team Scoring by Division in Class 1, 2, 3, & 4
Middle School - Overall Team Scoring

Trainers: Trainers will be on duty beginning at 8:00 am.
Please bring your own supplies.

Parking: A charge of \$10.00 per vehicle. [Parking Map](#)

School Bus Parking: [Parking Map and Directions](#)

Spectator Fee: A charge of \$5.00 per person (12 and under free). [Entry Gates](#)

Spectator Info: [Spectator Info](#)

Accommodations: [Click Here](#)

****COACHES SPECIAL:** [\(Firehouse Sub \(Free Food\)\)](#)

T-Shirt Design: [Click Here](#)

T-Shirts and apparel will be sold by [Fine Designs](#), they will have a plethora of items for sale see below for a few examples:



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