



CUBA INVITATIONAL CROSS COUNTRY MEET

Thursday, OCTOBER 12th, 2017

Cuba Lakes Country Club.



Directions: From I-44, take HWY 19 South through Cuba, take a right onto HWY O, the golf course is on your left. Coming from HWY 19 South, turn left onto HWY O.

Parking: Busses will drop athletes off on the circle drive, in front of the club house, and then park in the parking lot across the highway (by the driving range). All other vehicles will park in the driving range parking lot.

Race Schedule:

- 3:45 PM – Coaches meeting at the starting line.
- 4:00 PM – M.S. Boys
- 4:15 PM – M.S. Girls
- 4:30 PM – JV Boys/Varsity Girls
- 5:00 PM – Varsity Boys
- 5:40 PM – Awards

Entry Fee: Entry fee will be \$125 for all teams or \$40 per division or \$5 per individual racer. Schools that do not enter a full varsity team will not be allowed to enter juniors and seniors in the JV race. Each school is expected to enter their five best runners in the varsity race.

Entries: We are excited to Announce we will be using [TRXC Timing](#) for the Online Registration and Timing. All Entries must be submitted online by **October 11th, at 9:00 am** [Online Entry Link](#)

Enter all HS athletes into the Varsity 5k regardless of JV or Varsity, have your athletes run in the Correct race on race day

Enter all MS athletes into the *Cuba Invitational (MS)* link

[Entry List \(HS\)](#)

[Box Assignments \(HS\)](#)

[Entry List \(MS\)](#)

[Box Assignments \(MS\)](#)

Entry Questions: Rich Schilling, TRXC Timing rich@trxctiming.com 314-522-6176

Meet Questions: Kenny Hohe, Cuba High School Office # 573-885-2534 ext 1105 - Cell # 314-761-8955

Chip Collection: Coaches will return all chips to the finish line after the conclusion of all races in the envelope provided in your packet. Chips should be strung in numeric order. **No chips will be collected in the finish chute.**

A \$25.00 fee will be assessed for missing or damaged timing chips.

Team Camp: Everyone must stay off the Greens. DO NOT set up camps on or near greens.

Course: Middle school will run one 1.5 mile loop, high school will run the loop a second time. The course is clearly marked and spotters are spread throughout the course.

Start: Runners should find their starting positions well in advance of each race. Athletes should be ready to race at the correct time. A warning will be sounded 10 minutes prior to the starting time of the MS girl and JV boy races. The MS boys, and V girls, should be ready to run five minutes after the start of the MS girl, and JV boy, races respectively.

Scoring: Finish Results will be done using Hytek Meet Management Software. Two hard copy sets of results will be printed on site: announcer & result board.

Concessions: Concessions will be available in the club house.

Restrooms: Athletes are not allowed to use the club house restrooms. Port-a-potties will be on site.