



## 2017 GAC North Cross Country Championships

**Participating Schools:** Orchard Farm, Winfield, Warrenton, St Charles High, St Charles West

**Date:** Thursday, October 12, 2017

**Location:** Warrenton High School

**Event Schedule:**  
2:45 – Coaches Meeting  
3:15 – Varsity Boys (7 runners)  
3:45 – Varsity Girls (7 runners)  
4:15 – Jr. Varsity Boys and Girls (run together, unlimited entries)  
4:45 – Awards (12 per division)

**Entries:** Coaches must submit entries by **Wednesday, October 11 at 9:00 AM** [Online Entry Form](#)

**Entry List:** [Entry List](#)

**Box Assignment:** [Box Assignment](#)

### Entry Info:

1. Enter all athletes as Varsity Athletes
  2. New Users - 3 Step Process (First time User - didn't use for track)
    - A. Create an Account
    - B. Add your Roster
    - C. Add your Roster to the meet – “GAC North XC Championships”
  3. Existing Users - 3 Step Process (Used for Track or Cross Country)
    - A. Make sure your Account is registered to cross country
    - B. Edit your roster if necessary
    - C. Add your Roster to the meet – “GAC North XC Championships”
- The deadline for entries is Tuesday, October 10<sup>th</sup> at 5:00 p.m.

**Course:** TRXC will be setting up and marking the course. We plan to run the same course as last year. Several marshals will be stationed throughout the course during the races. They are there to give direction to runners and note any infractions. Please make sure your athletes know the course. We ask that each school provide 1 volunteer other than your coach to help with the meet.

**Misc. Information:** Remind athletes of the uniform and jewelry rule.  
There will be a trainer on site.  
Buses should drop off athletes near the entrance and park in the lot by the soccer fields.

**Entry Questions:** Rich Schilling TRXC Timing 314-522-6176 [rich@trxctiming.com](mailto:rich@trxctiming.com)

**Meet Questions:** Bobby Spoonster Cell: 636-359-5487 School: 636-456-6902  
[spoonsterrj@warrencor3.k12.mo.us](mailto:spoonsterrj@warrencor3.k12.mo.us)