

Dear GVC Athletic Directors and Cross Country Coaches,

What: 2023 GVC Cross Country Meet

Date/Time: Friday, October 20th

Location: Cuba Lakes Golf Course
241 State Hwy O
Cuba, MO 65453

Timing: [TRXC Timing](#)

Schedule: 1:40 Coaches Meeting
2:00 Varsity Girls
2:30 Varsity Boys

Parking: Due to limited parking, buses will need to drop off athletes at the club house and then park back at Cuba HS. We will provide a shuttle for bus drivers who have to come back to the meet.

Hospitality: A hospitality room will be available for coaches, admin, bus drivers and workers in the club house

Course: Course map is attached.

Awards: 1st place plaques and medals for the top 8 runners in each race

Miscellaneous: A water station will be available. Athletes should come dressed to run. Porta Potties will be available. We do not want athletes using the club house restrooms. Limited concessions will be available for spectators and athletes in the club house. Tents should be set up on the golf course side of the facility, we need all the front grass we can get for extra parking.

Registration Info: Coaches must enter all athletes on MileSplit by NO LATER than **October 18th, by 9:00 AM** [Online Entry Link](#)

Box Assignments: [Click Here](#) to see box assignments.

Rosters: [Boys](#) [Girls](#)

Contact Information:

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Course Map

The course will start on hole one of the golf course. Boxes will be marked for each team. Runners will run two laps. Each turn is marked with a large orange cone and a spotter to direct the flow of runners. Please remind your runners to stay off the greens and to run around the cones.

