

**DATE: SATURDAY, SEPTEMBER 24, 2022**

**PLACE: LAKE POMME DE TERRE DAM (OUTLET PARK)**

Dear Coach,

Hermitage High School would like to officially invite you to our 16<sup>th</sup> annual cross country race scheduled for September 24, 2022.

The race will be run at OUTLET PARK located at Lake Pomme De Terre Dam in the Hermitage area. The course is run on grass, trails and through the wooded area of the park. It is a true cross country course with multiple hills and beautiful scenery. The high school race will be a full 5K, while the middle school & Open/Elementary races will be around 2 miles. The race schedule will be as follows:

<b>Coaches Meeting:</b>	<b>8:40 AM</b>
<b>Varsity Boys:</b>	<b>9:00 AM</b>
<b>Varsity Girls:</b>	<b>9:30 AM</b>
<b>JV Boys/Girls:</b>	<b>10:15 AM</b>
<b>MS Boys:</b>	<b>11:05 AM</b>
<b>MS Girls:</b>	<b>11:25 AM</b>
<b>Open/Elementary:</b>	<b>11:45 AM (Will not be officially timed...race clock will be running)</b>
<b>Awards Ceremony:</b>	<b>12:00 PM (This will be for Team Awards only)</b>

**Medals:** Top 20 in Small School Varsity, small school JV and middle school  
Top 20 in large school varsity, large school JV and middle school  
Plaques to top 2 teams in varsity, top 2 in middle school, top 2 in JV  
Individual Awards will be available for pick-up at the end of the event  
Top 20 in the Open/Elementary Race (**Medals given out in Chute**)

**Entry Fee:** \$150 for HS only (both genders- \$75 per gender), \$150 for MS only (both genders- - \$75 per gender) or \$200 for both MS/HS (both genders - \$75 per gender plus discount). \$15 for an individual.

**Make checks payable to Hermitage Schools or send a copy of PO.**

Hermitage Schools, C/O Mark Sabala

PO Box 327, Hermitage MO 65668

(Teams hosting races we are attending – we can trade entry fees)

**Food:** We will once again have our Food Trucks/vendors at this event. Currently we have multiple food trucks and Baristago Coffee.

**Shirts:** We will have a great shirt available and they have sold out the last few years! Get yours early!

**Rosters:** Please do all entries on [MO.MileSplit](#) by Thursday, September 22<sup>rd</sup> by 9 AM

**Entries:** [Girls](#) [Boys](#)

**Boxes:** [HS Boxes](#) [MS Boxes](#)

**Results:** All results will be posted on TRXC and MILESPLIT after the event.

**Purple Division (class 1-2):** **Yellow Division (class 3-5) :**

TEAMS WILL BE LISTED AS WE GET CLOSER TO SEASON...CURRENTLY HAVE

\*\*\*This could change once district assignments are announced in September \*\*\*

Thank you for attending our event,

**Mark Sabala, Hermitage XC, [mssabala@yahoo.com](mailto:mssabala@yahoo.com) or [msabala@hermitage.k12.mo.us](mailto:msabala@hermitage.k12.mo.us)**