



Twenty-Fourth Annual Lutheran North CC Invitational

Thursday, September 19, 2019

Spanish Lake Park



- Directions:** From I-270, NORTH on Bellefontaine Rd. After passing fire station, make a right on Spanish Pond Rd. Pass first entrance to park, making a right at the second entrance which is labeled "soccer field" and "Cardinal Care".
- Times:** All Boys at 4:30 p.m.; All Girls at 5:10 p.m.
Trophies to first, second and third place teams; Medals to first 100, each race JV's run IN the races; need not declare UNLESS ineligible to score varsity
- Timing:** We will be using Automatic Timing by [TRXC Timing](#)
- Entry:** All Entries are due on **Monday, September 16th at 5:00 p.m.**
- Scratches/Changes:** Coaches can manage their entries **until Tuesday, September 17th BY NO LATER THAN 9:00 a.m.** [Scratches/Changes](#)
WE WILL NOT ACCEPT LATE ENTRIES.
- Entry Questions:** Rich Schilling TRXC Timing, rich@trxctiming.com 314-522-6176
- Entry Fee:** \$180 Per Gender. If you have more than 20 entries on your team, please add \$5 for every 5 additional entries beyond 20. Example 28 girls on a team = \$185
- IF YOU NEED AN INVOICE, LET COACH PRAHLOW KNOW ASAP.**
- Buses:** Pass first lot on left, stay straight on road, drop off team. AFTER going halfway past right parking lot, turn right at end of road and park in Cardinal Care lot (THIRD parking lot).
- Need more info?** Call Coach Jim Prahlow at 314-389-3100 or jprahlow@lncrusaders.org NOTE THE NEW EMAIL!! Cell is 314-681-0049 w/VM
- Please send check to:** Lutheran North, C/O Jim Prahlow,
5401 Lucas and Hunt Rd., St. Louis, MO 63121.
Make checks payable to LUTHERAN NORTH.
- Schools invited:** Bayless, Clayton, Hancock, IWA, Jennings, Lutheran North, Lutheran South, Maplewood-Richmond Heights, MICDS, MSB, North County Tech, Notre Dame (G), Orchard Farm, Priory (B), Principia, Rosati-Kain (G), St. Clair, University City, Valley Park, Villa, Whitfield, Grandview (Jefferson) Westminster, CBC, Metro, Normandy Collaborative, Pwy North

SCHOOLS NOT LISTED MUST CONTACT COACH PRAHLOW BY 9/13 to GAIN PERMISSION TO ENTER!

Make Check Payable to Lutheran North. Mail or email response to LHSN, c/o Jim Prahlow, 5401 Lucas and Hunt Rd., St. Louis, MO 63121, by 8/19. Entry fee may follow. Fax is 314-389-3103. \$180 per gender, with additional \$5 per each 5 over 20 of gender (28 girls=\$185).

Yes No we will (NOT) be participating in the **Sept. 19** LHSN Inv.

Boys Girls Both **Coach's Name:**

Check Enclosed Check following **Coach's CELL Phone and email:**

School: _____