



## Suburban Conference Championships Saturday, October 6<sup>th</sup>, 2018 Meet Information



- Meet Director:** [John Theobald](#) - Activities Director - Parkway Central High School,  
[Mike Roth](#) – District AD – Parkway School District
- Location:** McNair Park, 3100 Droste Rd, St Charles, MO 63301 - [Directions](#)
- Distances:** 3.1 miles for all of the high school races. [5k Course Map](#)
- Schedule:**  
9:00 varsity boys (max 9 runners)  
9:30 varsity girls (max 9 runners)  
10:00 JV boys gold (max 9 runners)  
10:30 JV girls gold (max 9 runners)  
11:00 JV boys silver (unlimited)  
11:30 JV girls silver (unlimited)  
12:10 Freshmen boys/girls (unlimited)
- Entries:** The deadline for entries is **Thursday, October 4<sup>th</sup> at 9 am** [Online Entry](#)  
(Coaches no need to declare what race an athlete will run in – athletes will score based on the event they show up for at the starting line.)
- Awards:**  
Overall Scoring  
Team Trophies - Top 4 Teams (Varsity) – Top 1 Team (JV Gold, JV Silver and Freshman)  
Individual – Top 30 Finishers Medals in each Race
- Award Ceremony:**  
**Team Awards** – 12:35 pm **Varsity, JV and Freshman**  
**Individual** - 12:35 pm **Varsity**  
**Individual** **JV and Freshman** (Athletes can pick awards up at Medal Table after races are official)
- Parking:**  
**Schools:** No buses will be allowed into McNair Park. Drop off and pick up will done at the East entrance to McNair Park along Droste Road ([Site Map](#)). Busses will then proceed 1-mile West to St. Charles West HS. No Street Parking will be permitted.  
[Bus Drop Off, Pick and Parking Procedure](#)
- Spectators:** A limited number of parking spots exist in McNair Park. Please refer to the [site map](#) so that you can find a legal parking spot. St. Charles police will not allow street parking in the neighborhoods surrounding McNair Park.
- \*\* COACHES SPECIAL:** [\(Firehouse Sub – FREE Food\)](#)

Site Map:

[Site Map](#)

Entry/Meet/

Course Questions:

Rich Schilling - Email: [rich@trxctiming.com](mailto:rich@trxctiming.com) Office: (314) 522-6176

Additional Info:

1. Portable restrooms will be made available near the start/finish area.
2. Entry Fees will be divided among all participating school
3. Trainer will be on hand for any injuries and or taping your athletes may need
4. Concessions and [T-Shirt](#) will be for sale

[Fine Design](#) will be selling T-shirts and other apparel for this meet.



**APPAREL AS UNIQUE AS YOU**  
**Create Memories With Custom Apparel**

*Fine Designs*.COM

*Fine Designs*  
IMPROVED SPORTSWEAR

**SAINT LOUIS**  
**SUBURBAN**  
CROSS COUNTRY CONFERENCE  
**CHAMPIONSHIP**  
SPHSAA  
2018

**1. CHOOSE THE SHIRT.**  
**2. CHOOSE THE SIZE.**  
**3. CHOOSE THE LOGOS TO CUSTOMIZE**  
**DON'T MISS OUT ON YOUR ORIGINAL APPAREL!**

**800.966.0737**  
[www.FINEDESIGNS.com](http://www.FINEDESIGNS.com)

*Fine Designs*.COM  
Fine Designs is proud sponsor and official event merchandiser. ©2018 Fine Designs Inc.