



4th Annual Capital City Cross Country Invitational
Saturday October 12, 2023
Binder Lake Park, Jefferson City, MO



Time Schedule:

8:30 am – Coaches meeting at the finish line

9:00 am – Varsity girls 5K

9:30 am – Varsity boys 5K

10:00 am - JV boys and girls 5K combined

10:40 am – Middle school girls 3200m

11:10 am – Middle school boys 3200m

Awards:

Top 20 in each race receive a medal. Individual champions will receive a plaque. Plaque for the first place team. Coaches can pick up medals at the completion of the races.

Entries:

Entries are due **October 10 at 9:00 AM** on [Milesplit](#), search for Capital City Invitational.

[TRXC Timing](#) will be timing and scoring the races. Live results can be found on [TRXC Timing](#)

- Entry fee: \$75 per gender \$150 for both \$10 per individual

Parking:

Buses will be directed where to park. Spectator parking will be in a designated area by the road coming in to the park. Some additional parking will be available at the park.

Roster:

[Boys](#)

[Girls](#)

Box Assignments:

[High School](#)

[Middle School](#)

TRXC TIMING, LLC



RACE MANAGEMENT SPECIALISTS

www.TRXCTIMING.COM



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Directions:

From Hwy 50 take the Lomo Drive exit. After 1.25 miles, turn right on Henwick Lane. After 1.6 miles, turn right on a gravel road just past the park entrance. Look for the sign by the road.

5511 Henwick Lane in google maps takes you close to the entrance.

Details:

- Packet pick up is at the finish line.
- Capital Region Medical Center will have a trainer on site.
- Weather delays and schedule adjustments will be determined by the official starter, athletic administrator and meet manager.
- The Capital City XC boosters will have a concession open during the meet.
- T-shirts will be sold for \$20.

Questions can be directed to:

Capital City HS Cross Country Coach
Magnus Holmstrom | 574-645-6444 | magnus.holmstrom@jcschools.us

Capital City HS Activities Director
Robert Ndessokia | robert.ndessokia@jcschools.us

Thomas Jefferson MS Activities Director
Kevin Steinmetz | kevin.steinmetz@jcschools.us





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5K COURSE MAP

