

2023
WSD Cross Country Quad
Green Tree Elementary School
Wednesday, September 20th

On **Wednesday, September 20th**, Frontier Middle School will host the **2023 WSD Cross Country Quad** at **Green Tree Elementary School**.

Note: Green Tree requested that teams not arrive until **3:45 P.M.** so as to not interfere with dismissal. So, the race times have been pushed back to accommodate this request. Also, the race times have been adjusted to allow time for teams to prepare for races.

Race Times

Middle School Boys:	4:45 P.M.
Middle School Girls:	5:15 P.M.
Awards Ceremony:	5:45 P.M.

Awards Ceremony: This year, there will be an awards ceremony following the girls race. The location will be near the team camps.

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

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

Transportation: Buses will drop off athletes in the main parking lot at 3:45. The buses are welcome to remain on-site for the duration of the meet.

Medals & Awards: The top 10 runners in each race will receive a medal. The first place boys and girls team will receive a plaque.

Spectators: While we encourage spectators to traverse the course and support the athletes, we ask that spectators remain aware of their proximity to the course so as to not interfere with athletes.

Registration: Please register your athletes for the meet through the Mo.MileSplit website. [Online Registration](#)

Entries must be in by **September 18th, 2023, at 9:00 AM**
WE WILL NOT ACCEPT LATE ENTRIES

The Course: The course encompasses both the Green Tree Elementary School campus and Boulevard Park. The course surface is predominantly grass with a small section of a paved pathway. Athletes who wish to wear spikes will not be significantly impacted by the short, paved portion of the course. Please see the attached map and color-coded key for further information.

Parking: Spectator parking is available at both Green Tree Elementary School and Boulevard Park.

Restrooms: Restrooms at Green Tree Elementary School will not be accessible to athletes and spectators. Please use the restrooms at Boulevard Park.

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MAP KEY

1st Loop

Blue Line: Start and 1st part of the 1st loop.

Red Line: 2nd part of the 1st loop.

Runners will overlap toward the end of the 1st loop. Course marshals will direct traffic behind Green Tree Elementary School. In addition, cones will divide the runners.

2nd Loop

Orange Line: 1st part of the 2nd loop.

Red Line: Runners will repeat the red line track with the exception of the portion in Boulevard Park. Course marshals will direct traffic for runners during the 2nd loop to prevent anyone from re-entering the park.

Orange Line: 2nd part of the 2nd loop.

The runners will only use the Boulevard Park loop once at the beginning of the race. Instead of entering the park a second time, the runners will run a second loop around the start/finish area by repeating the remainder of the red and orange lines.

Finish

Purple Line

Towards the end of the 2nd loop, runners will transition from the orange line to the purple line and proceed to the finish.



Boulevard Park

Restrooms

Only one loop in Boulevard Park.

Finish

Team Camp Area

Start

Green Tree Elementary School

Ronald Reagan Dr

Ronald Reagan Dr

Braemar Pkwy

Abbotsford Ct

Ronald Reagan Dr