



**DATE: SATURDAY, SEPTEMBER 23, 2023**

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

Dear Coach,

Hermitage High School would like to officially invite you to our 17<sup>th</sup> Hermitage Cross Country Dam Invitational race scheduled for September 23, 2023.

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 (Team Awards and Individual Varsity Champions 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  
 Special award for Individual Winner in Varsity Races  
 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:** \$200 for HS only (both genders- \$100 per gender), \$200 for MS only (both genders- - \$100 per gender). \$20 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 Carsten Concession, Fruity Patootie, Sids Snacks and Sniden Down Home BBQ.

**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 MileSplit by Thursday, September 21<sup>st</sup> by 9 AM**

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

Live Results can be found at [TRXC Timing](#)

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

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

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)**

**PURPLE DIVISION (classes 1 – 2):**

**TBA**

**YELLOW DIVISION (classes 3-5):**

**TBA**