



2024 MISSOURI MIDDLE SCHOOL CROSS COUNTRY CHAMPIONSHIPS

Meet Director: Mark Sabala Hermitage High School XC Coach msabala@hermitage.k12.mo.us

Time Schedule:

Coaches Meeting	9:00 AM
MS Girls (Class 1-2)	9:30 AM
MS Boys (Class 1-2)	10:00 AM
MS Girls (Class 3)	10:30 AM
MS Boys (Class 3)	11:00 AM
MS Girls (Class 4-5)	11:30 AM
MS Boys (Class 4-5)	12:00 PM

Packet Pickup: Packet Pick up will be in the team camp area at the Purple Tent.

Entry: Entries are due no later than Thursday, October 24th at 9:00 am – [MileSplit](#)

Coaches must enter a roster on MileSplit along with adding your athletes into their events to complete the registration process.

Entry List: [Boys Class 1-2](#) [Boys Class 3](#) [Boys Class 4-5](#)
[Girls Class 1-2](#) [Girls Class 3](#) [Girls Class 4-5](#)

Boxes Assignments: [Class 1-2](#) [Class 3](#) [Class 4-5](#)

Entry Fee: \$125 per gender (\$250 total for each school if bringing a boys/girls teams)
\$25 if only bringing individual athletes
Make checks payable to Hermitage Schools or send a copy of PO.
Hermitage Schools, C/O Mark Sabala
PO Box 327, Hermitage MO 65668

Bib Numbers: Runners need to wear bib numbers on the FRONT.

Timing Chips: To ensure correct results, each competitor's bib number/shoe chip must match the number listed on the team's entry list provided in/on the team packet.

Only wear your timing chip on your shoe. Do not attach chip to your bib number as this will not read when crossing the finish line and will cause issues in results.

Timing Chips Return: All timing chips need to be returned to the tent where you picked up your packets before you leave the venue. All chips need to be put in numerical order, rubber band put around them and placed in the plastic bags they came in. They will be checked off at this time. Any chips missing/damaged will result in a \$25.00 per chip fee and be invoiced to the individual schools once they have been brought back the office for final check by TRXC

Start/Clerking: All teams and individuals must report to their assigned starting box and be available for check-in/inspection by the clerk 15 minutes before the race.

- Finish Chute:** Please instruct your athletes to move QUICKLY through the chute. This will allow the finish line to area to stay clear. **(Medical staff will be located outside of the finish chute if needed)**
- Course:** The course is marked by flags, mowed paths and natural boundaries. Runners must stay within the flagged and marked lanes. There will be several Marshalls located throughout the course and in high traffic areas. The course will be 2 miles in length. [Course Map](#)
- Spectators/Admission:** Please inform your parents to be patient when arriving and departing the venue as there is only one way in and out of the location. **We will collect a \$5 admission fee per spectator.**
- Parking:** Parking for spectators will be very close to the team camp and finish area. **Buses will do a loop upon arrival, drop off athletes at team camp and finish the loop for parking. We will have a shuttle picking up bus drivers if needed.**
- Medals:** Top 25 in each division (Considered “Unofficially” All-State)
Plaques to top 4 teams in each division (Considered “Unofficially” State placing teams)
The awards ceremony will take place at the North side of the grandstands. We will begin awards for each classification after the completion of both girls/boys events.
- Food and Drink:** Food trucks/vendors will be on site...enjoy the food and drinks!
- T-Shirts:** T-shirts will be for sale at the event and provided by Fine Designs. [Click Here](#)
- Other Documents:** Missouri Middle School XC Championship Manual – [Click Here](#)
- Meet Records:** [Boys](#) [Girls](#)
- Entry Questions:** Rich Schilling – TRXC Timing – 314-522-6176 – rich@trxctiming.com

