

# 2023 Carbondale Cross Country Invitational

**Date:** Saturday, September 9<sup>th</sup>

**Location:** SIUC Cross Country Course

**Time Schedule:**

- 8:45 am – HS Coaches meeting (near finish line)
- 9:30 am – HS Girls (Unlimited)
- 10:15 am – HS Boys (Unlimited)
- 10:15 am – JS Coaches meeting (near finish line)
- 11:00 am – JH Girls (Unlimited) 1.8 miles
- 11:30 am – JH Boys (Unlimited) 1.8 miles

**Coaches Meeting:** 10:15 am (near finish line)

**Packet Pick-Up:** Located near the finish line

**Awards:** 2 Team Plaques (Boys and Girls Race Champion)

Top 20 Medals in each race

**Entry Fee:** \$175 per school (checks payable to Carbondale High School)

**Team Scores:** Varsity – Top 5 runners count towards team score

**Race Timing:** TRXC Timing

**Box Assignments:** [High School](#)                      [Middle School](#)

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

**Entry Link:** [www.athletic.net](http://www.athletic.net) (add the meet to your team schedule)

**Entries Due:** Wednesday, September 7<sup>th</sup> @ 9:00 am

**Restrooms:** Itchy Jones Baseball Stadium (Behind Home Plate)

**Bus/Spectator Parking:** Big parking lot east of the track and field complex

➤ **DO NOT PULL UP BEHIND BASEBALL STADIUM TO DROP OFF TEAM**

If you any questions, please contact:

Head Coach Greg Storm (618-713-4876, [greg.storm@cchs165.com](mailto:greg.storm@cchs165.com))

Athletic Director Gwen Poore (618-203-0383, [gwen.poore@cchs165.com](mailto:gwen.poore@cchs165.com))