

South 7 Conference Cross Country Meet

When: Thursday, October 13th

Time:

Coaches Meeting	3:30 pm
Girls Race	4:00 pm
Boys Race	4:45 pm
Awards	5:30 pm

Where: SIUC Cross Country Course

Parking: Big parking lot next to the track and field complex. Use the access road located behind the baseball field to walk into the course near the finish line. Do not have your bus drop you off in the access road behind the baseball field.

Timing: TRXCTiming.com (live results should be available for each race)

Online Entries: **Coaches please registered your entire roster. You will declare your varsity athletes at the coaches meeting. This way all athletes can get a place and time.**
Entries will be completed on athletic.net [Online Registration](#)
Make sure the athlete has their year in school when registering.
Entries must be done **NO LATER than October 11, by 9AM**

Box Assignments: [Click Here](#)

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

Chip Collection: Coaches will return all chips at the conclusion of the meet to the designated table in an envelope provided in the packet. Chips should be in numerical order when returning them.

Awards: Varsity Medals for 1-10
JV ribbons for 1-10
1st place Team Champion for Boy's and Girl's race

*** Course Maps will be available the day of the meet**

Questions: Gwen Poore – Athletic Director - 618-203-0383
Greg Storm – Head Coach – 618-713-4876
Rich Schilling – TRXC Timing – 314-522-6176