

Dear Coach or Athletic Director,

We would like to invite your team to the 2023 JCAA Conference Cross Country Meet on SATURDAY October 14th, 2023. The coaches meeting will start promptly at 9:30AM at the pavilion.

LOCATION: [Larry Crites Park](#) (formerly West City), Festus, MO

DISTANCES: 3.1 miles for the high school races and 2.0 miles for the middle school races.

BOX ASSIGNMENTS: [High School](#) [Middle School](#)

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

ORDER OF RACES:

10:00 Varsity Boys
10:30 Varsity Girls
11:00 Junior Varsity Boys
11:30 Junior Varsity Girls
12:10 Middle School Boys
12:40 Middle School Girls

Please register your runners on MileSplit. There will be no additions/changes on the day of the meet!!!

[Registration Online Link](#)

Notes:

- We will split the cost per school.
- We need 3 volunteers from each school to help monitor the course
- Coaches meeting will start at 9:30am at the pavilion.
- Make sure to return chips
- Your school will be responsible for lost chips.
- Please clean up your area before you depart the park.

The course will be lined by Friday, October 13th, and anyone is welcome to come view the course that afternoon.