

Crusader-Greyhound Invitational

September 7, 2023

(This meet replaces the cancelled traditional Ladue CC Invite)

Please inform Coach Crowe if you plan to participate in the meet! (See contact info below)

- St. Vincent's Park:** 7335 St. Charles Rock Rd., St. Louis, MO. 63133
St. Vincent's Park is east of I-170 and north of St. Charles Rock Rd.
I-170 to St. Charles Rock Rd. East; 2 miles and then left into park;
Follow park road 0.6 miles north into park.
- Buses** Pull all the way thru, drop off at the END of the parking lot past the community center, and head back OUT past the community center. Make a LEFT and another LEFT and park in the lot EAST of the water park and community center. WHEN LEAVING, please be patient with one another! It is congested.
- Spectators:** Park by the start/finish of the course. When that is filled, park across from the community center. IF that is filled, on your way out, make a left PAST the community center, pass the bus lot (on your left) and follow to the bottom of the hill to the parking lot.
- Course:** A two-loop trail as it has been in the past at the Ladue-Clayton CC Invite and District. There are **NO locker rooms available**. Athletes have access to park restrooms and 3 portapotties near start/finish area.
- Meet timing:** TRXC Timing, Rich Schilling
- Entries:** Entries are due by **Monday, September 4, 5:00 p.m.** [Online Entry Link](#)
- Scratches/Changes:** Coaches manage entries until **Tuesday, September 5, no later than 9:00 a.m.**
- Packet Pickup:** By TRXC Timing truck near finish line.
- Box Assignments:** [Click Here](#)
- Rosters:** [Boys](#) [Girls](#)
- Schedule:** **3:50 Coaches Meeting near finish line.**
4:20 Varsity Boys 5K (8 max)
4:50 Varsity Girls 5K (8 max)
5:30 JVB and JVG 5K (unlimited entry)
- Note:** Should there be heat issues we may slightly delay OR shorten the course.
- PLEASE BRING YOUR OWN WATER! EMERGENCY SUPPLIES OF ICE AND WATER WILL BE AVAILABLE, BUT THEY WILL BE LIMITED.
- THE TRAINER WILL BE AVAILABLE, BUT PLEASE, HAVE YOUR TRAINER TREAT THOSE PREEXISTING CONDITIONS.
- Awards:** To Be Determined, but intend AT LEAST: Top 20 in Varsity; Top 10 in JV

Entry Fees:

\$220/gender; \$25/runner if you are not entering a full team

(IF YOU NEED AN INVOICE, PLEASE NOTIFY Coach Prahlow by email asap!)

Checks payable to (and note on check: CRUSADER-GREYHOUND MEET)

Lutheran North
c/o Jim Prahlow
5401 Lucas and Hunt Rd.
St. Louis, MO. 63121

Questions?

Entries/rosters:

Rich Schilling: 314-522-6176 rich@trxctiming.com

Course details, day-of-race details and meet parking:

James Crowe: 314-546-9701; jamescrowe@claytonschools.net

Entry fees, administrative details:

Jim Prahlow: 314-681-0049; jprahlow@lncrusaders.org