

Crusader-Greyhound Invitational

September 12, 2024

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

- SITE:** 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 the 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 various Districts. There are **NO locker rooms available**. Athletes have access to park restrooms and 3 porta potties near start/finish area.
- LIVE RESULT:** [TRXC Timing](#)
- ENTRIES:** Must be done on [MileSplit](#)
- SCRATCHES/
CHANGES:** Coaches manage entries until **September 10th by 9:00AM**
- BOX
ASSIGNMENTS:** [Click Here](#)
- ROSTER:** [Boys](#) [Girls](#)
- CHIP RETURN:** **ALL timing chips** to be turned in IN ORDER, RUBBER BANDED TOGETHER IN THEIR ORIGINAL BAGS
- SCHEDULE:** **3:50 Coaches Meeting near finish line.**
4:20 Varsity Girls 5K (8 max)
4:50 Varsity Boys 5K (8 max)
5:15 JVB (unlimited entry)
5:45 JVG (unlimited entry)



NOTES: Should there be heat issues we may slightly delay OR shorten the course.
Teams will be responsible for their own water. We will bring ice and emergency water for the trainer

AWARDS: To Be Determined, but intend AT LEAST: Top 20 in Varsity; Top 10 in JV

ENTRY FEES: \$250/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 Meagan Purcell/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/
meet parking: James Crowe | 557- 214- 6230 | jamescrowe@claytonschoools.net

Entry fees/
administrative details: Meagan Purcell | 314-368-2901 | mpurcell@lncrusaders.org
Jim Prahlow | 314-681-0049 | jprahlow@lncrusaders.org



