

Twenty-Seventh Annual Lutheran North CC Invitational

Thursday, September 15, 2022

Spanish Lake Park

Directions: From I-270, NORTH on Bellefontaine Rd. After passing fire station, make a right on Spanish Pond Rd. After crossing RR overpass, pass first entrance to park, and **make a right at the second entrance**. Note: I-270 has major construction between Lindbergh Blvd. and 367.

IF YOU EXIT AT 367, the NORTHBOUND and SOUTHBOUND exits are currently the same. Once on NB 367 you would exit at Parker Rd.; right on Parker; LEFT on Bellefontaine, RIGHT on Spanish Pond. After crossing RR overpass, pass first entrance to park and MAKE A RIGHT AT THE SECOND ENTRANCE.

Buses: Pass first lot on left, stay straight on road, drop off team AFTER passing first crossing; turn right at end of road and park in Cardinal Care lot (THIRD parking lot). Parking attendant will direct buses how to park (lot has been enlarged).

NOTE re

COVID-19: Pay attention to posted materials about the meet on trxtiming and Missouri Milesplit because of the ever-changing issues driven by Covid-19. As of August 12, we hope to run a traditional meet. We DO request that at this time all coaches, officials, spectators and athletes be masked WHILE NOT ACTIVELY WARMING UP/DOWN, COMPETING or performing an official duty. Competition adaptations could vary from wave starts to severely limited participants per team. Please be aware of any changes.

Teams: BRING YOUR OWN WATER. DO NOT CAMP ON THE FOOTBALL FIELD. Please keep camps at least 20 feet apart. A trainer will be available.

Course: The course ON THE UPPER LOOP has some cosmetic changes because of a new asphalt path. The lake trail is the same traditional trail and layout as in the past. Note that the course SURFACE has become more hard-packed, with a few scattered, intermittent sections covered with slightly larger gravel aggregate. Spikes ARE permitted, but we recommend you tour the course prior to the event to make an informed decision about footwear and spike size. Athletes will cross about 8 feet of asphalt three times—1300M, 3600M and 4300M.

Times: All Boys at 4:30 p.m.
All Girls at 5:10 p.m.

Tentatively an awards ceremony will be at 6:00 for the top 10 finishers
Medals to first 75 or 100, each race; **medals will be given to coach after scores posted**; JV's run IN the races; need not declare UNLESS ineligible to score varsity. Awards tentative depending upon # of teams.

Timing: We will be using Automatic Timing by [TRXC Timing](#) with ALL ENTRIES on Missouri Milesplit

Entry: All Entries are due on **Tuesday, September 13 at 9:00 am** on MISSOURI MILE SPLIT. DO NOT MISS THE DEADLINE.

CHIP

TIMING: Coaches pick up team packets at timing truck; Coaches RETURN all chips IN ORDER, with rubber bands, in plastic baggies to timing truck. Schools will be charged \$25 per lost chip.

[Online Entry](#)

Entry List: [Boys](#) [Girls](#)

Box

Assignments: [Click Here](#) to see the box assignments

Entry

Questions: Rich Schilling TRXC Timing, rich@trxctiming.com 314-522-6176

Meet

Questions: Jim Prahlow, 314-681-0049 or jprahlow@LNcrusaders.org

Entry Fee: *\$190 Per Gender per school OR \$40 per athlete IF not having 5 entries in a gender. Checks made out to LUTHERAN NORTH, c/o Jim Prahlow 5401 Lucas and Hunt Rd. St. Louis, MO. 63121*

IF YOU NEED AN INVOICE, LET COACH PRAHLOW KNOW ASAP.

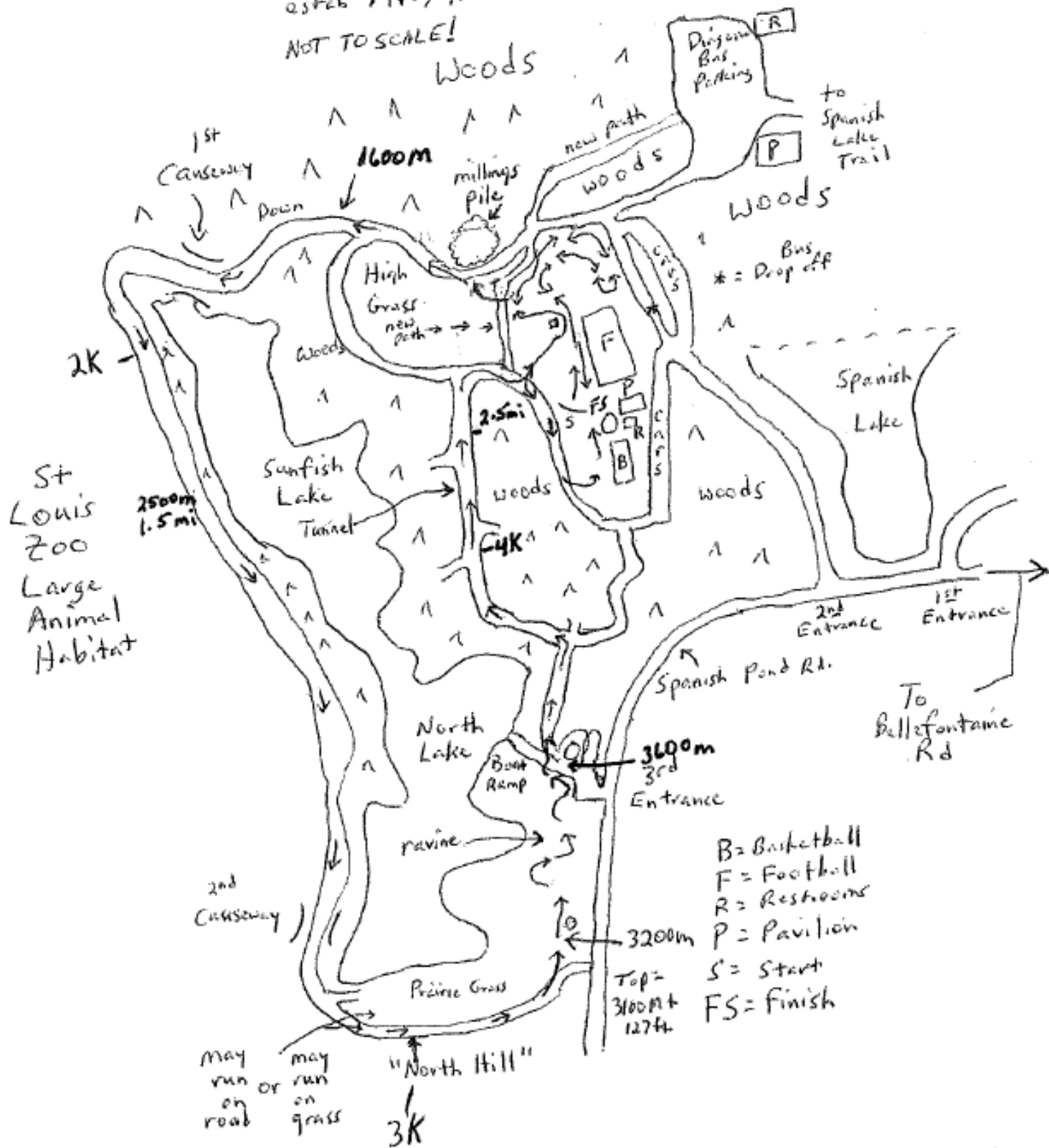
[PLEASE CONFIRM Boys and/or Girls by September 7. An email will suffice.]

[Schools NOT listed must contact Coach Prahlow prior to September 7.]

St. Clair, Priory, Lutheran South, Hancock, Maplewood-Richmond Heights, Oakville, Orchard Farm, University City, Normandy, Lift for Life, Lutheran North, STEAM-McCluer SB, Parkway South, St. Joseph's Academy, Villa Duchesne, Rosati-Kain, Incarnate Word Academy, Parkway North, Valley Park, Brentwood, MICDS, John Burroughs, Principia, Whitfield, Ladue Boys, Mehlville, Clayton, Notre Dame Girls

Spanish Lake Park Course

estab 1996; Revised 2022
NOT TO SCALE!

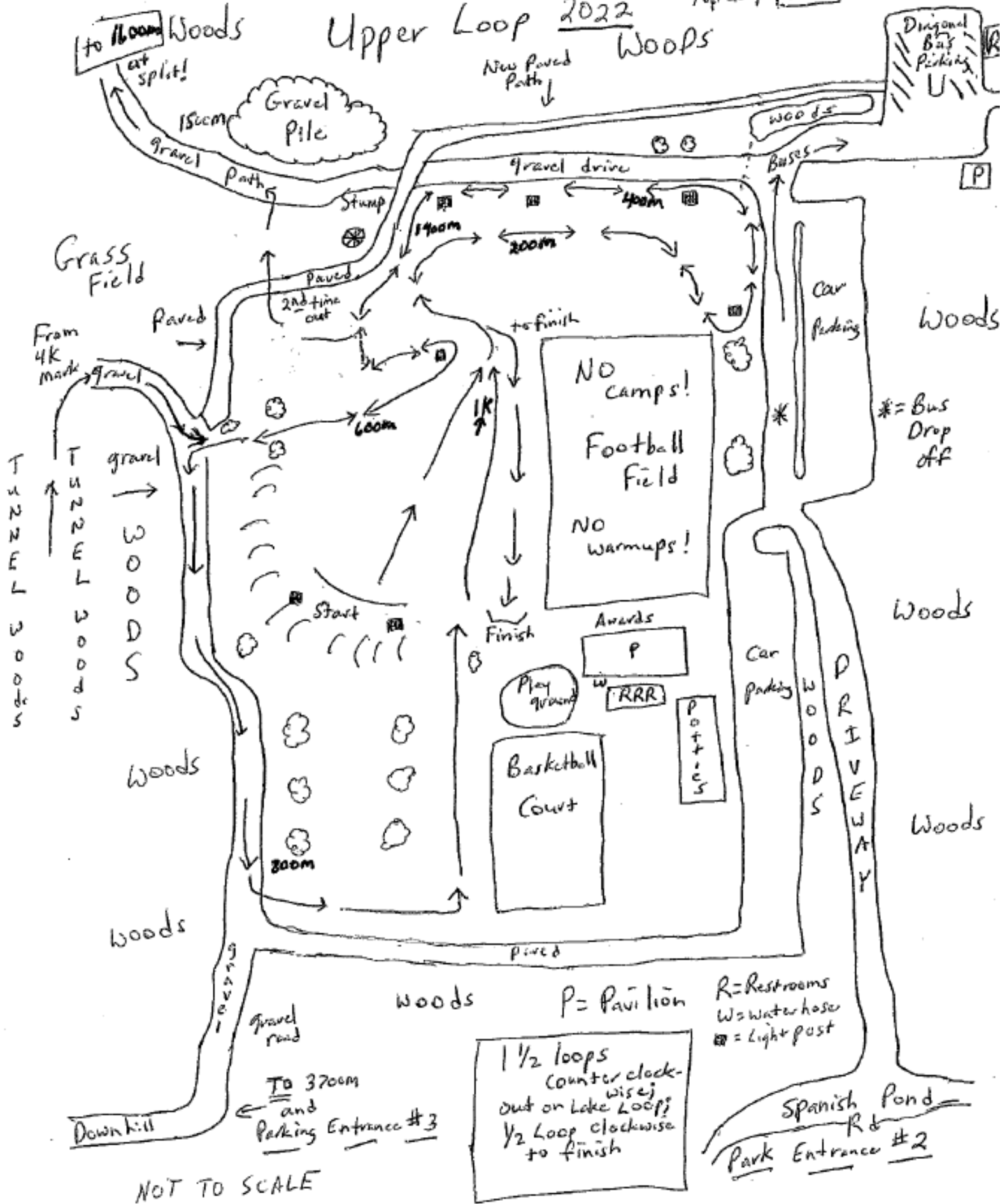


- B = Basketball
- F = Football
- R = Restrooms
- P = Pavilion
- S = Start
- FS = Finish

Spanish Lake Park 1996

Upper Loop 2022 Woods

Top Loop 918m



NOT TO SCALE

1 1/2 loops counter clock-wise; out on Lake Loop; 1/2 Loop clockwise to finish

P = Pavilion
R = Restrooms
W = water hose
□ = light post

Spanish Pond
Park Entrance #2

To 3700m and Parking Entrance #3

TUNNEL WOODS

WOODS

DRIVEWAY

* = Bus Drop off

Woods

Woods

Woods

to 1600m Woods

1500m Gravel Path

Gravel Pile

New Paved Path

Gravel drive

Buses

Diagonal Bus Parking

Grass Field

From 4K mark

Paved

Paved

Stump

1400m

200m

400m

to finish

NO camps!
Football Field
NO warmups!

Start

Finish

Awards P

Play ground

RRR

Portables

Basketball Court

300m

Paved

Gravel road

Woods

Downhill