



## STEAM Invite

### Alternate Fall Meet #2

**Meet Information –  
Willmore Park – 7200 Hampton Avenue  
or Francis Park – 6300 Eichelberger Street**

Metro Academic and Classical High School and STEAM Academy at McCluer South-Berkeley invite you to a boys and girls cross country meet to be held at Willmore Park in Saint Louis on Thursday, March 18, 2021. Due to field conditions, meet may move to Francis Park, Willmore Park is currently very wet. We will make the determination on Monday.

Event Schedule:        3:30 – Coaches Meeting  
                                  4:00 – Girls  
                                  4:45 – Boys

Race Information: We will have two races, girls first and boys second. We are running for pride, no awards will be handed out at this meet.

Entries:                    **Entry deadline will be done on Tuesday, March 16<sup>th</sup> at 5pm.** MoMileSplit

Scratches/Changes:    **Coaches can manage their entries until Wednesday, March 17<sup>th</sup> BY NO LATER THAN 9AM.**  
**WE WILL NOT ACCEPT LATE ENTRIES** Scratches/Changes

#### Chip Collection:

- Coaches will return all chips to the finish line after the conclusion of all races in the envelope provided in your packet.
- Chips should be strung in numeric order.
- No chips will be collected in the finish chute.
- A \$20.00 fee will be assessed for missing or damaged timing chips.

#### Rules/Expectations:

- All teams are expected to complete health screening of all their participants, coaches, etc. prior to attending and to turn in the attached form
- Spectators are allowed along the race course but must maintain social distancing and to be wearing masks
- Remind all athletes of the uniform and jewelry rule.
- Participants Mask on: talking, sitting, stretching, after race
- Participants Mask off: warm up, race
- Everyone else should be masked at all times
- Bring own water
- No congregating, especially with other teams
- Coaches should have someone assigned to pick up dropped runners
- Trainer will focus only on critical needs

Starting Line: In an effort to keep runners socially distanced at the starting line, there will be the starting line, 3M step line and an additional line 6 feet back. Runners will stay in this line up for instructions, etc. Once race is set to begin they will all step up to start line (only be next to someone a few seconds) before they are off.

Marshals: Each of the participating schools is asked to have 1 coach to serve as a marshal. He/she will be present throughout the course. They are there to give direction to runners and note any infractions. Additional marshals provided by the PHL and Metro.



Course Information: I have enclosed a map of the course, there may be a slight adjustment. Feel free to tour the course at any time prior to the meet.

Bus Parking: Willmore park has room for buses

Restrooms: Park Restrooms are not currently available, 2 Portable Toilets will be made available.

Expenses: Will be divided evenly based on total number of runners

Entry Questions: Rich Schilling rich@trxtiming.com (314) 522-6176

Meet Questions:

David Custis – Metro Athletic Director and XC Coach

Cell: (314) 795-0694

E-Mail: david.custis@slps.org

Matt Grogan – STEAM-MSB Athletic Director

Office: 314-506-9883

E-Mail: dgrogan@fergflor.org

Teron Sharp – SLPS Athletic Director

Office: 314-345-4418

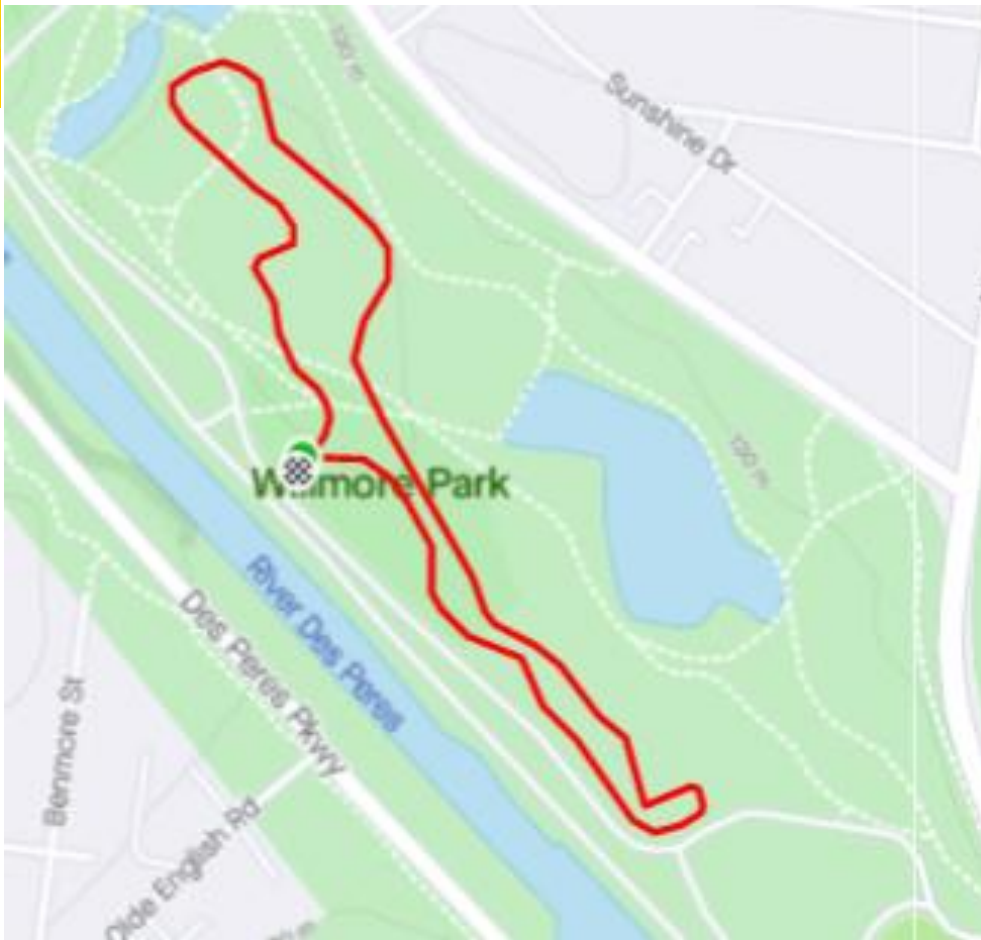
E-Mail: teron.sharp@slps.org

Amanda McDonald – STEAM Boys XC

E-Mail: amcdonald@fergflor.org

Jon Mortimer – STEAM Girls XC

E-Mail: jmortimer1@live.com



1.04 mi    8:12    7:52/mi  
Distance (?)    Moving Time    Pace

Elevation	44ft	Calories	141
Elapsed Time	8:12		

Garmin Forerunner 45                      Shoes: —

I ran it three times this morning using my Garmin and got the same numbers three times. Well, my pace got slower. We walked it yesterday with a rolling measurer and got 1670M. I will walk it again today set the finish line.

Course is super soggy. We can go no further east in the park, or it gets really bad, but, I am confident three loops of this will be a nice challenge.