



MEXICOCROSS COUNTRY Middle School XC Race

Meet Director Coach Lucas Breneman

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EVENT: **Cross Country Race**

DATE: TUESDAY October 3rd, 2023

LOCATION: Green Estates Park, Mexico Missouri

REGISTRATION: rosters **MUST BE ENTERED** by **October 2nd at 9:00 am**
using the following online entry



Momilesplit.com (managed by TRXC timing)

Checks can be brought to the meet and made payable to Mexico Public Schools: \$150/ Team, \$300.00 max per school. \$20.00 per athlete if they don't have complete team.

DIRECTIONS: (NOTE: this race is **NOT** held at the middle school)

Please pick-up your team packets from the check-in area located at the Finish Line as soon as you arrive.

- From Highway 54: Take the main Mexico exit at the Walmart, proceed North into town, after passing McDonalds and El Vaquero restaurant turn East (right) onto Teal Lake Rd. Make a left onto Huntingfield Rd and park in the gravel lot by the shelter.
- From Highway 22: Proceed to the first stop light and turn South onto Muldrow(Right), East onto Boulevard(Left), South onto Clark(Right), and East (left) onto Teal Lake Rd. Make a left onto Huntingfield Rd and park in the gravel lot by the shelter.

PARKING:



Buses will be directed to park in the **gravel lot** indicated on the map.

Automobiles will be directed to park on a **temporary grass parking** lot adjacent to the gravel lot. (marked on the included map)

TEAMS PARTICIPATING:

(updated 09-15-23. Final lineup may vary)

Bowling Green
Eldon
Fulton
Hannibal
Harrisburg
Holt-Wentzville MS
LaPlata

Laura Speed Elliott
MEXICO
MMA
Moberly
Montgomery County
North Callaway
Our Lady of the Lourdes

South MS
(Timberland)
Southern Boone
South Shelby
Warrenton
Liberty Wentzville
Blair Oaks

Rosters:

[Girls](#)

[Boys](#)

Box Assignments:

[Box Assignments](#)

RACE SCHEDULE

3:15 Coaches Meeting Near Start Line

3:35 10-minute warning shot

3:45 **BOYS RACE** (limit TOP 7 runners from each team only) best 20 finishers medal

1st & 2nd Place Team Awards @ 5:25

4:05 **GIRLS RACE** (limit TOP 7 runners from each team only) best 20 finishers medal

1st & 2nd Place Team Awards @ 5:25

4:35 **COMBINED BOYS/GIRLS UNLIMITED ENTRIES RACE**

Top 10 each gender will medal

SCORING:

Each team has been assigned a set of **NUMBERED BIBS** and chips. **YOU WILL RECEIVE THESE AS SOON AS YOU ARRIVE AND CHECK IN!** Please make sure to match the correct **NAME & NUMBER** with the correct **ATHLETE** (you will receive a list at registration). Affix the **BIB** to the front of the athletes running singlet using safety pins

Schools are responsible for turning in their chips to TRXC at the conclusion of the meet. Any chip not turned in or lost will result in a \$25 charge to the school!

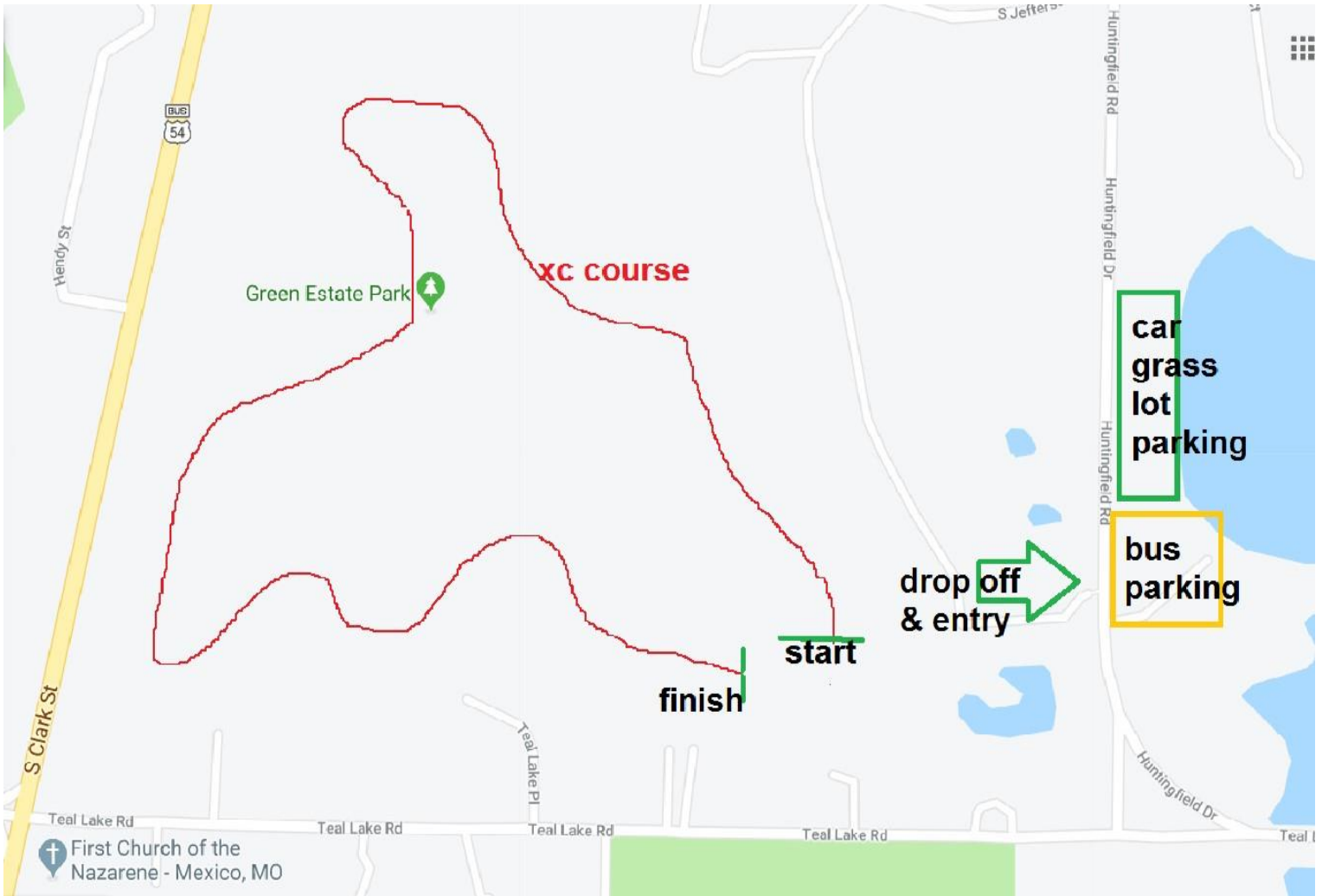
- ONLY THE TOP 7 RUNNERS WILL SCORE FOR THE TEAM. THE RACE WILL BE SCORED JUST LIKE A HIGH SCHOOL RACE

OTHER NOTES:

- Warning gun will be fired by the race official **10min, 5-minutes and 3min whistle** before each race. There will be a 3-meter step-up line. The command will be "*on your marks*" (represented by raising an orange flag)
- **Awards ceremony** , immediate after combined race.
- **We have ICE & a CERTIFIED TRAINER for EMERGENCIES.**
- **Porta-Potties** will be on the course near the start line
- Please **CLEAN UP YOUR TEAM AREA** at the conclusion of the race.

COURSE DESCRIPTION:

Gently rolling hills, all grass surfaces with the exception of 3 short sidewalk crossings. The course will be marked by a white painted line and NHFS standard blue, yellow, and red flagging. Distance will be 2miles or ~3200meter middle school race, with a straight-away finish located in proximity to the start line.



Good Luck and Have Fun! – Coach Breneman & Coach Green