



2023 NCMC CROSS COUNTRY CHAMPIONSHIPS

SATURDAY, OCTOBER 14th, 2023

LOCATION: Fulton high school
1 Hornet Drive, Fulton MO, 65251

Entries: ONLINE ENTRIES SUBMITTED TO: MoMileSplit [Online Entry Link](#)
Entries are due no later than Friday, October 13th at 9:00 am

Entry Fee: High School – \$25 per gender or \$50 for both girls and boys teams
Junior High – \$25 per gender or \$50 for both girls and boys teams

Make checks payable to Fulton High School and mail to:
Activities Department: Curtis Walk

Time Schedule:

- 9:00am - Junior High Girls (3200 meters) - unlimited entries
- 9:30am - Junior High Boys (3200 meters) - unlimited entries
- 10:00am - Varsity Boys (5,000 meters) - 7 entries
- 10:30am - Varsity Girls (5,000 meters) - 7 entries
- 11:00am - JV Girls and Boys (combined) - unlimited entries

****If there is inclement weather the day of the race, we will use a rolling schedule.**

Awards: Top 10 Middle School runners will medal in each race. Score top 5 from each team.
Medals for top boys and girls team (7 runners)
Top 14 HIGH SCHOOL VARSITY boys and girls will be All Conference
Plaque for top boys and girls team
**Individual medals will be passed out as runners finish in the chute.*
***Team awards will be handed out once the results are known.*
**** Please keep spectators away from the timing system and timer.*

Box Assignments: [High School](#) [Junior High](#)

Rosters: [Girls](#) [Boys](#)

Meet Results: Results will be posted on the TRXC website immediately after the races.

Facilities: Bathrooms will be available in the west end of the athletic field house

Buses: From the west entrance, continue through the main parking lot and navigate around the high school, athletes can be dropped off on the south side of the small parking lot.
From the south entrance, continue around the parking lot just west of Hornet drive and drop off athletes on the south side the small parking lot. **Buses will then park at the big lot located north of the high school.**

General Parking: Spectators will park in either of the two parking lots at the high school.

Meet Questions: Head Coach – George Yates – gyates@fulton58.org
Activities Director – Curtis Walk – cwalk@fulton58.org

Entry Questions: Tyler Cain – tyler@trxctiming.com – (314-522-6176)

Fulton High School
5000 Meter Course

