



Region XVI Cross Country Championships

Date: Friday, October 27th 2023

Time: Women's 5K at 4:30PM

Men's 8K at 5:15PM

Course Location:

Smith Cotton High School
2010 Tiger Pride Drive
Sedalia, MO 65301

Parking: Parking is available in the lot South of the school

Team Scoring: According to NCAA Region XVI Sport Code. Meet will be scored overall and by divisions.

Awards: Top team in each division and top 3 individuals in each division.

Entries: Unlimited - All entries must be entered by 7:00pm on Wednesday, Oct. 25th

Packet Pick-up: Packets will be available at the course on meet day at 3:30pm

Final Results: Timing and Live Results Provided by TRXC Timing. Results will be posted to Direct Athletics

Facilities: An athletic trainer will be available.

Rosters: [Men](#) [Women](#)

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

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