











## **Region XVI Cross Country Championships**

Date: Friday, October 27<sup>th</sup>, 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

**Direct Athletics** 

**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

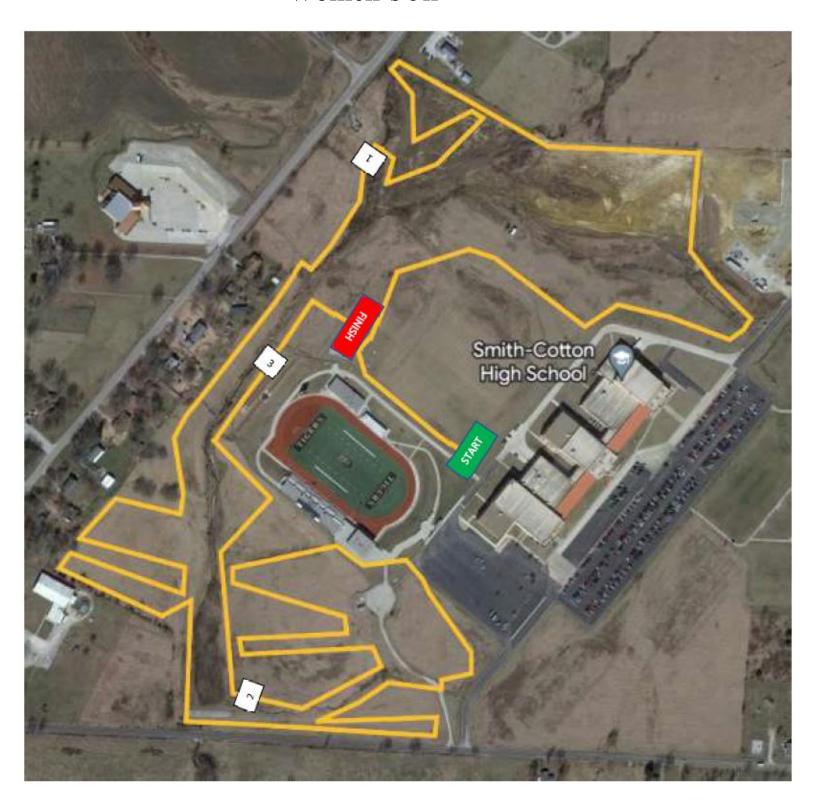
**Box Assignments:** Click Here to see box assignments.

Meet Questions: Coach Brad Hagedorn 660-287-1136 bhagedorn@sfccmo.edu

Registration

Questions: Rich Schilling 314-522-6176 <u>rich@trxctiming.com</u>

Women's 5k



## Men's 8K

Yellow – First Loop Blue – Second Loop

