2026 Region 16 Cross Country Championships

Hosted by St. Charles Community College

Date: Friday, October 30th, 2026

Race:
4:30 pm Women's 5K Championship - **Map**
5:15 pm Men's 8k Championship - **Map**

Site: McNair Park, St. Charles, MO 63301

Please note: If you type in "McNair Park, St. Charles" into your navigation device, it often takes you to 3100 Droste Rd, which is the wrong side of the park. You'll want to be at McNair Park Drive and Droste Rd near Faith United Methodist Church.

Contact: Victor Mathuthu, SCC Athletic Director, at **vmathuthu@stchas.edu** or
Shaun Simms, Assistant XC Coach, at **Shaun.SimmsPM@gmail.com** with questions.

Entry Questions: Rich Schilling – TRXC Timing **–** **rich@trxctiming.com** **–** 314-522-6176

Course: The course is primarily grass with one road crossing and a mixture of hills and flat stretches. There will be several sections of the course that loop back through previously run areas. Course markings will be set up Thursday evening. A final course map will be distributed to participating teams approximately two weeks prior to the meet.

8K Course **5K Course**

Entries: Entries will be submitted through **Direct Athletics.**
Entries are due by **Wednesday, October 28 at 7:00 PM**.

Entry Limits: There are **no entry limits**. The top seven finishers from each team will count toward team scoring.

Awards: **Team Awards:**
NJCAA Division I – No team award
NJCAA Division II – Team Champion
NJCAA Division III – Team Champion

Individual Awards:
The top five finishers will receive **All-Region** honors.
Awards will be presented shortly after the Men's 8K race at the Pavilion, approximately **6:00 PM**.

Timing: Chip timing will be used, with timing chips incorporated into race bibs. Timing services will be provided by **TRXC Timing**.

Box Assignments:	Starting box assignments will be included in team packets and assigned by **TRXC Timing**
Packet Pickup:	Team packets may be picked up at the finish-line area beginning **one hour before the start of the first race**.
Facilities:	Portable restrooms will be available near the finish-line area. Water will also be available onsite near the finish line.
Parking & Bus Information:	Spectators may park within the park area; however, parking is limited, so spectators are encouraged to arrive early, before the start of the first race. Once park parking is full or races have begun, spectators will be directed to street parking near the course. **Parking Map**
Please note:	Faith United Methodist Church will have an event on race day and will **not be available for visitor parking**. Buses will be directed to drop off athletes along the shoulder of the road near the park on the **northeast side of the road**. This will allow athletes to exit the bus without crossing the road. After dropping off athletes, buses will proceed to **St. Charles West High School** for parking.
Athlete Pickup	At the conclusion of the meet, buses should return to the designated drop-off area at the park to pick up athletes in the same location where they were dropped off. **Map**
Severe Weather Policy:	**Click Here**