

**Time Schedule Change
Revised as of 9/03/2024**



**PARKWAY CENTRAL
ATHLETICS & ACTIVITIES**

Parkway Cross Country Quad 2024-25

The Parkway Quad will be held at Parkway Central on Saturday, September 7, 2024.
The course is available to preview on Friday, September 6, 2024.

Schedule:

- 7:30 am- Coaches meeting at starting area
- 8:00 am- Varsity guys 5k (10 runners max)
- 8:30 am- Varsity girls 5k (10 runners max)
- 9:00 am- JV and Freshman Mix 5K
- 9:40 am- JV and Freshman Mix 4K

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

Box

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

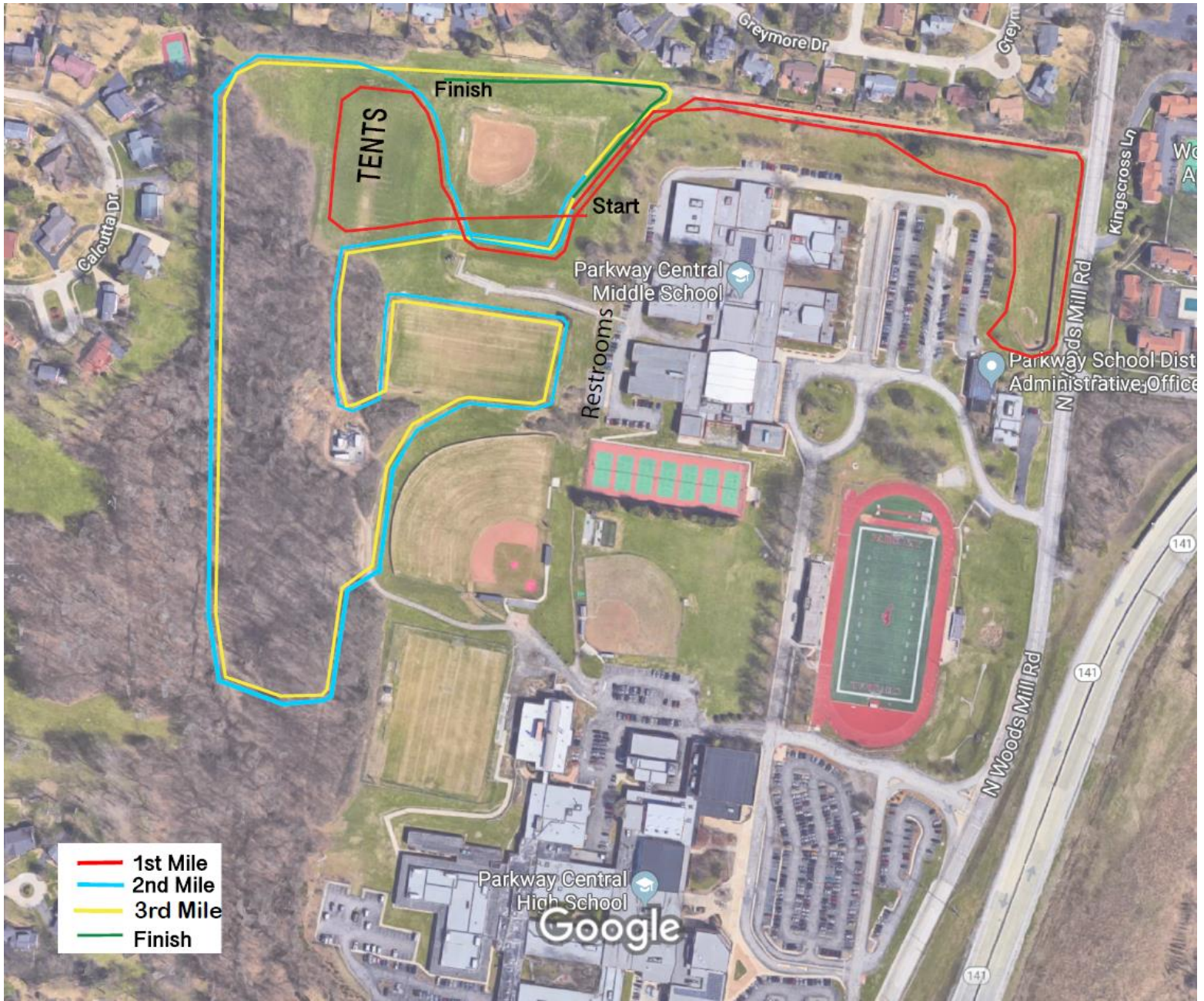
Timing: [TRXC Timing](#) will have [Live Results](#) for the meet

Additional notes

- Registration closes Wednesday, August 28, 2024. [Online Entry Link](#)
- Trainer will be on duty and stationed near the finish line
- There will be no trophies or individual medals awarded
- If heat becomes a concern, we may need to shorten each race.

If you have any questions, please contact one of the following:

AD: Brian Guilfoyle, bguilfoyle@parkwayschools.net (314)415-7936
Boys Head Coach: Jen Meyer, jmeyer3@parkwayschools.net
Girls Head Coach: Ryan Banta, rbanta@parkwayschools.net



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