



# SAINT CHARLES WEST ACTIVITIES

## 2024: McNair Cross Country Meet Information Freshman / Sophomore - Boys / Girls

St. Charles West will be hosting a Boy's and Girl's meet on **Tuesday, September 10, 2024**. The meet will be held at **McNair Park** in St. Charles. We will be running on the traditional course at the site.

**Starting Schedule:** 3:45 Coaches Meeting  
4:00 Sophomore Girls  
4:20 Sophomore Boys  
4:40 Freshman Girls  
5:00 Freshman Boys

**Race Distance:** All will race 2 miles

**Entry Fees:** This will be a shared expense event. Invoices to be sent following the meet.

**Entries:** Entries will be done on MoMileSplit.

Entry deadline is **Monday, September 9th at 9:00 am.**

[Online Entry Link](#)

**MSHSAA Rules Apply:** Remind athletes of the uniform and sportsmanship rules.

**Scoring:** Score your Top 4 runners in each division.

**Box Assignments:** [Box assignments](#)

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

**Map:** [Click Here](#)



**Awards:** Top 15 in each race [we'll put them in an envelope for coaches to pick up after the meet].  
1 team award in each division.

**Bus Parking:** No Buses will be allowed in McNair Park. Please park buses along Droste Rd for drop off and then proceed to St. Charles West High School to Park. Coaches please get contact information for your bus driver.

**Chip Collection:**

**Reminder:** Coaches will return all chips to the finish line after the conclusion of all races in the envelope provided in your packet. Chips should be strung in numeric order. No chips will be collected in the finish chute. A \$35.00 fee will be assessed for missing or damaged timing chips.

**Meet Questions:**

Head Coach Sheldon Keence - [skeence@stcharlessd.org](mailto:skeence@stcharlessd.org)  
AD Eric Schroer - [eschroer@stcharlessd.org](mailto:eschroer@stcharlessd.org)

**Entry Questions:**

Denise Schilling, TRXC Timing, 314-522-6176, [denise@trxctiming.com](mailto:denise@trxctiming.com)  
Rich Schilling, TRXC Timing, 314-522-6176, [rich@trxctiming.com](mailto:rich@trxctiming.com)

