

Liberty (Wentzville) “ABC” Invite

Meet Information

Meet Directors: [Toby Glavin](#) - Wentzville Liberty
[Cary Eldredge](#) - Wentzville Liberty

Where: McNair Park, St. Charles, MO

When: Friday, August 27, 2021

Race Distances: Varsity – 4k
JV – 3k
(boys' and girls' will run together in each division)

Race Times:

Time	Runner/Responsibility
5:30 pm	Coaches Meeting – Finish line – East side of Park
6:00 pm	JV Runner (3k) will begin by team (boys and girls will run together)
6:30 pm	All team's number 7 runners begin – 4k – Boy's and Girl's run together

Race times and format for the varsity have been adjusted due to the forecasted heat.

Meet Protocol: Please make yourself aware of the [Site Map](#) for the Liberty (Wentzville) “ABC” Invite.

1. No athletes will be allowed on the course once racing begins. After racing begins all warm-ups will occur in the designated warm-up area.
2. Once an athlete finishes his/her race they must exit the finish area and return to their team camp area. Cool-downs can be done in the warm-up/cool down areas. Athletes should refrain from cooling down on the competition course.

**Temperature/
COVID Screening:** TBD

Entry Deadline: Entries are due no later than Wednesday, August 25th by 12:00 pm. [Online Entry Link](#)
Coaches enter all your athletes in the 4k. You then can have them run in any race you wish. No need to designate varsity runners 1-7 as we will clerk them at the starting line.

Coaches – please only enter those athletes who will be competing. It is imperative to have an accurate number for setting up races.

Entry Limits: **Only eligible Missouri High Schools can compete.** No open or unattached athletes.
Teams are allowed unlimited entries.

Box Assignments: [Box Assignments](#)

Course: The McNair course is rolling hills with solid footing. Course will consist of 1k loop that will be repeated. [3k Map](#) [4k Map](#)

Course Inspection: The course will be open to inspection on Friday only.

- Scoring:** Overall team scoring.
- Awards:** None will be given.
- Entry Fee:** \$150.00 per team, with boy's and girl's teams counting separately, or \$30.00 per individual, whichever is less. Payment must be made either by check to TRXC Timing, 12727 Carrollton Industrial Ct., Bridgeton, MO 63044 OR by credit card (processing fees will apply) by calling Denise at 314-522-6176 prior to meet date. Team entry fees will be calculated from the entry list (**no refunds for scratches**).
- Trainer:** Trainers will be on duty beginning at 4:00 pm
- Toilet Facilities:** Port-a-john's will be available.
- Bus Drop off:** [Instructions](#)
- Spectators:** As of now, we are allowing spectators. Please be respectful of the athletes' well-being.