



# 2023 MISSOURI MIDDLE SCHOOL CROSS COUNTRY CHAMPIONSHIPS

HOSTED BY HERMITAGE HIGH SCHOOL

Athletic Directors/Coaches,

Hermitage High School would like to officially invite you to our 3<sup>rd</sup> Annual Middle School Cross Country Championships scheduled for October 21, 2023.

This Event will be located at Lucas Oil Speedway in Wheatland, Missouri. The course will be run on grass, compacted gravel and dirt (Lucas Oil Off-Road Dirt Track). It is unique course as it will start next to Lake Lucas, maneuver around the lake and finish with more than a mile on the off-road dirt track which will have hills, turns and a bridge (over/under). Majority of the event will be able to be seen from bleachers which can seat over 5,000 spectators (bleachers sit directly in front of the finish line). The race distance will be 2 miles. The race schedule will be as follows:

<b>Coaches Meeting:</b>	<b>9:00 AM</b>
<b>MS Boys (Class 1-2):</b>	<b>9:30 AM</b>
<b>MS Girls (Class 1-2):</b>	<b>10:00 AM</b>
<b>MS Boys (Class 3):</b>	<b>10:30 AM</b>
<b>MS Girls (Class 3):</b>	<b>11:00 AM</b>
<b>MS Boys (Class 4-5):</b>	<b>11:30 AM</b>
<b>MS Girls (Class 4-5):</b>	<b>12:00 PM</b>

**Medals:** Top 25 in each division (**Considered "Unofficially" All-State**)  
Plaques to top 4 teams in each division (**Considered "Unofficially" State placing teams**)  
Awards ceremony will be held with each athlete/team being awarded medals/plaques

**Entry Fee:** \$100 per gender (\$200 total for each school if bringing a boys/girls teams)  
\$25 if only bringing individual athletes

**Make checks payable to Hermitage Schools or send a copy of PO.**

Hermitage Schools, C/O Mark Sabala

PO Box 327, Hermitage MO 65668

**Food:** We will have food vendors at this event which are supplied by Lucas Oil Speedway. These vendors will be announced as we get closer to the event.

**Shirts:** We will have custom t-shirts and apparel available at this event provided by **Fine Designs.**

**Timing:** **TRXC will be providing automated chip timing for this event with live results**

**Rosters:** **All entries will be done on MO.MILESPLIT**

**Results:** All results will be posted on TRXC and MILESPLIT after the event. Live results can be found at: <https://liveresults.trxctiming.com/>

**TEAMS who are confirmed for 2023:** TBA

Thank you for attending our event,

**Mark Sabala, Hermitage XC, [mssabala@yahoo.com](mailto:mssabala@yahoo.com) or [msabala@hermitage.k12.mo.us](mailto:msabala@hermitage.k12.mo.us)**