



DATE: SATURDAY, SEPTEMBER 24, 2022

PLACE: LAKE POMME DE TERRE DAM (OUTLET PARK)

Dear Coach,

Hermitage High School would like to officially invite you to our 16th Hermitage Cross Country Dam Invitational race scheduled for September 24, 2022.

The race will be run at OUTLET PARK located at Lake Pomme De Terre Dam in the Hermitage area. The course is run on grass, trails and through the wooded area of the park. It is a true cross country course with multiple hills and beautiful scenery. The high school race will be a full 5K, while the middle school & Open/Elementary races will be around 2 miles. The race schedule will be as follows:

| | |
|-------------------------|---|
| Coaches Meeting: | 8:40 AM |
| Varsity Boys: | 9:00 AM |
| Varsity Girls: | 9:30 AM |
| JV Boys/Girls: | 10:15 AM |
| MS Boys: | 11:05 AM |
| MS Girls: | 11:25 AM |
| Open/Elementary: | 11:45 AM (Will not be officially timed...race clock will be running) |
| Awards Ceremony: | 12:00 PM (This will be for Team Awards only) |

- Medals:** Top 20 in Small School Varsity, small school JV and middle school
 Top 20 in large school varsity, large school JV and middle school
 Plaques to top 2 teams in varsity, top 2 in middle school, top 2 in JV
 Individual Awards will be available for pick-up at the end of the event
 Top 20 in the Open/Elementary Race (**Medals given out in Chute**)
- Food:** We will once again have our Food Trucks/vendors at this event. Currently we have multiple food trucks and Baristago Coffee.
- Shirts:** We will have a great shirt available and they have sold out the last few years! Get yours early!
- Rosters:** Please do all entries on www.trxctiming.com by Thursday, September 22rd by 9 AM
- Results:** All results will be posted on TRXC and MILESPLIT after the event.

PURPLE DIVISION (classes 1 – 2):

| | | | | |
|------------------------|---------------------------|-----------------------|------------------------|------------------------|
| Calhoun | Calvary Lutheran | Climax Springs | College Heights | Conway |
| Crane | Dadeville | Dixon | Fair Play | Fordland |
| Galena | Gloria Deo Academy | Green Ridge | Hartville | Hermitage |
| Humansville | Hurley | Jasper | Kingsville | Lakeland |
| Laquey | Liberal | Licking | Macks Creek | Marionville |
| Marion C. Early | | Montrose | Niangua | Northwest |
| Osceola | Otterville | Plato | Pleasant Hope | Polk County Ch. |

| | | | | |
|------------------|-----------------------------|------------------|------------------|----------------|
| Rich Hill | Russellville | Sheldon | Sherwood | Skyline |
| Smithton | Springfield Lutheran | Stockton | Stoutland | Stover |
| Tipton | Walnut Grove | Wheatland | Wheaton | |

YELLOW DIVISION (classes 3-5):

| | | | | |
|---------------------------|---------------------------|----------------------------|--------------------------|----------------------|
| Bolivar | Buffalo | Butler | Camdenton | Cherokee (MS) |
| Clever | Clinton | Eldon | El Dorado Springs | Fair Grove |
| Glendale | Hickory Hills (MS) | Houston | Kickapoo | Lamar |
| Lebanon (MS) | Marshfield | Nixa | Osage | Parkview |
| Pleasant View (MS) | | Reed (MS) | Strafford | Versailles |
| Warsaw | Waynesville | Wilson's Creek (MS) | | |