Last Chance

Date: Wednesday, October 20th

Time: Please do not arrive prior to 3:30 due to school being let out.

Location: Northwest Early Childhood and Senior Center
6180 Hwy MM House Springs, MO 63051

Distance: Junior High 2 Miles
High School 5000 Meters

Order of races:

3:45 p.m.	Coaches Meeting
4:00 p.m.	MS Boys, MS Girls 5 min after
4:30 p.m.	Varsity Girls, JV Girls (Run together scored separate)
5:00 p.m.	Varsity Boys, JV Boys (Run together scored separate)

Awards: 10 Medals in each race (RUN FAST!)

Entry Fee: $75.00 per Team per Division

Limitations: - Only 7th and 8th graders may run in the Middle School Division.
- 7 runners on varsity, unlimited JV.

Course: A map of the course will be provided to each team. Inspectors will be located around the course to call any rule infractions. MAP

Finish: Keep athletes moving away from the finish area.

Start: Starting positions will be drawn assigned prior to the meet.

Scoring: Top 5 finishers in each division

Timing: The meet will be timed by Fleet Feet. Entries will be entered on Mo.Milesplit.com

Concessions: Maybe

Teams: Northwest, Northwest Valley, Woodridge, Lindbergh

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