



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 3rd 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:

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

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

Hermitage Schools, C/O Mark Sabala

PO Box 327, Hermitage MO 65668

Food: Baristigo Coffee Co., Bless this Burger, Fancy Nancy's Hometown Café, Gino's Italian Ice, Carsten Concession

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:

Academie Lafayette	Alton	Ballard	Bland	Bolivar
Bourbon	Buffalo	Butler	Cabool	Camdenton
Carver	Central (KC)	Chadwick	Cherokee	Clinton
Conway	Cuba	Dadeville	Dixon	El Dorado Springs
Fair Grove	Fairview	Fordland	Foreign Language Academy	
Forsyth	Harrisonville	Hermitage	Hickory Hills	Houston
Jarrett	Jasper	Kingsville	Knob Noster	Lafayette Co.
Lebanon	Lewis Co.	Lexington	Liberty M-V	Lincoln College Prep (KC)
Marion C. Early	Marionville	Marshfield	Midway	Missouri Military Acad.
Montrose	New Franklin	Nixa	Northwest (Hughesville)	
Orchard Farm	Osage	Osceola	Otterville	Owensville
Ozark	Pershing	Pipkin	Pleasant Hope	Pleasant Lea
Pleasant View	Reed	Rich Hill	Rolla	Russellville
St. Peter's (Joplin)	Seymour	Sherwood	Skyline	Smith-Cotton
Smithton	Southern Boone	Springfield Lutheran		Stockton
Sullivan	Summersville	Summit Christian Acad.		Summit Lakes
Thomas Jefferson (JC)	Versailles	Warsaw	Waynesville	Westport
Wheatland	Willard	Wilson's Creek	Windsor	

Thank you for attending our event,

Mark Sabala, Hermitage XC, mssabala@yahoo.com or msabala@hermitage.k12.mo.us