

Southern Stampede Cross Country Meet

HIGH SCHOOL DIVISIONS * NEW 2023



Saturday, September 16, 2023

Hosted by: Missouri Southern State University

Entries: Entries will open on Monday, August 14th, 2023 at 12:01 am
Entries CLOSE on MONDAY, September 11th, 2023 at 5:00pm.

Entry Directions: High School/JV entries will be made on **Direct Athletics:**
[DirectAthletics](https://DirectAthletics.com)

Entry List: Updated entry lists will become available below:
HIGH SCHOOL:
directathletics.com/view_public_team_entries.html?sport=xc&meet_hnd=21874

2-Divisions for the varsity races, a GREEN and a GOLD Division.

GREEN races will be intended for **LARGE** school divisions, typically Missouri Class 4&5: most large sized schools, very good mid-sized schools, and elite smaller schools.

GOLD races will be intended for **SMALL** school divisions, typically Missouri Class 1,2 & 3: most small sized schools, and developing mid-sized schools.

JV Race is available with unlimited entries following the varsity races
*only with entry of a varsity team

Coaches, an **honest evaluation** of your team's size and strength is necessary for this schedule to be beneficial. It is our goal to make this event a championship environment for your student-athletes with more opportunity for success. As such, your honesty is appreciated.

Entry Fee (Full Team is 5 or more athletes)

High School Varsity: **A Full team is considered 5-runners:** \$200 per gender or \$400 for both Girls and Boys Varsity Team (10 Maximum per gender) – Teams with less than 5 = \$30.00 per individual

High School JV: No charge- but must have full 7-person team in Varsity (Unlimited entries)

HIGH SCHOOL PAYMENT: All High School Payments will be made **ONLINE at DIRECT ATHLETICS**
NOTE: Payments will Not be taken at Packet-Pick-up. Late Payments will incur a late fee

*** IMPORTANT NOTES:**

1. Fees are based on the number of athletes ENTERED, not participating.
2. **Teams Entering after the Entry Deadline will be assessed an additional \$100 per gender.**

Course Maps: [3k](#) [5k](#) <http://www.mssulions.com/facilities/?id=11>

Packet Pick Up: Packets can be picked up Friday between 2:00pm-5:00pm and Saturday morning between 7:00 am – 10:00 am at the finish line.
ALL SCRATCHES MUST BE MADE AT THIS TIME

Timing/Bibs: We will be using disposable bib tags. Please do not bend the timing strips on the back, these do not need to be returned.

Parking/Team: [Parking/Team Map](#)

Emergency Plan: [Emergency Evacuation Protocol](#) [Evacuation Route](#)

Scoring: The first 5 runners will count in team scoring and the 6 and 7 runners will count as displacers.

Awards: **Team Awards:** Top Two Teams in High School GREEN, High School GOLD, and Junior Varsity Races

Individual Awards: High School Varsity: Top 25, Junior Varsity: Top 25

Spectators: *Two entry points - NO DOGS ALLOWED ON COURSE.*

Medical: MSSU Trainers and Freeman doctors will be available on site.

Questions: Bryan Schiding –Director of Cross Country/Track & Field – schiding-b@mssu.edu
Jamie Burnham- Head Distance Coach – burnham-j@mssu.edu
Heartland Timing – Dennis Weber - dennis@heartlandtiming.com

*** Race Schedule: SATURDAY, 9/16/2023 ***

8:30a	High School Girls Varsity GREEN (Large school) - 5K (10 runners)
9:05a	High School Girls Varsity GOLD (Small school) - 5K (10 runners)
9:40a	High School Boys Varsity GREEN (Large school) - 5K (10 runners)
10:15a	High School Boys Varsity GOLD (Small school) - 5K (10 runners)
10:50a	Girls Junior Varsity Race – 3k (Unlimited)
11:15a	Boys Junior Varsity Race – 3k (Unlimited)

LIVE RESULTS WILL BE STREAMED AT WWW.HEARTLANDTIMING.COM