



2016 State Cross Country General Info

Saturday – October 8, 2016

Hotels: An ideal area to find a hotel is at the 435/Metcalf interchange in Overland Park, Kansas. This exit is about 15 minutes from the Lutheran High School. (Courtyard Kansas City Overland Park/Metcalf, Comfort Inn & Suites Overland Park, Peartree, Drury, and a Super 8 to name a few.)

Meet Site: **Lutheran High School of Kansas City**

12411 Wornall Road Kansas City, MO 64145

Time: **11:30 AM** – LSAM/Kansas Coaches' Meeting

11:45 AM – Opening Ceremonies. Parade of athletes.

BRING A **12:00 PM** – LSAM/Kansas STATE CC 3K Race **BOYS DIVISION**

SCHOOL **12:30 PM** – 4th Grade and Under Girls **1K FUN RUN** (\$2 entry fee/runner)

BANNER **12:45 PM** – 4th grade and under Boys **1K FUN RUN** (\$2 entry fee/runner)

1:00 PM – LSAM/Kansas STATE CC 3K Race **GIRLS DIVISION**

1:30 PM – **WORSHIP OF PRAISE AND THANKSGIVING**

2:00 PM – **LSAM/Kansas STATE Closing Ceremony:** Will take place as soon as events are completed and points are tabulated. State Team Trophies are awarded. Top runners in each race are announced.



2016-17 LSAM THEME:

“God is my strength and power: and he maketh my way perfect...”

II Samuel 22:33 (KJV)

State **\$10** per athlete. Maximum fees per school **\$150**.

Entry Fees: Make checks payable to: **LSAM** (PLEASE PAY IN ADVANCE) Kansas schools pay **Lutheran High KC**.

State Awards: **1st** thru **20th** place in each division will receive medals. All other participants will be awarded a STATE ribbon. Top **4** teams in each division, boys and girls, will receive a plaque. Each State champ receives a gym banner. 15 Individual medals are awarded to each State Champ Team.

Sanction: LSAM will follow MSHSAA guidelines at State Tournaments. For each tournament, LSAM reserves the right to post supplemental rules, with LSAM Board approval, which will take precedence over MSHSAA rules. The Kansas race is run simultaneously and will follow same guidelines.

Format: Run like a state high school cross country meet but with two (2) divisions- Missouri and Kansas Lutheran Schools run simultaneously. No qualifying times or cross country meet results are required to be eligible to run. 5 runners are needed to score. Up to seven runners retain their order of finish. A school may enter 15 runners in each division. If a school has only 4 runners, the score for the 5th runner will be the place of the last finisher plus 1. If a school has 3 or less runners, the individuals can still run but their places will **not** be retained as a team so that they will not affect other team scores. Said individuals will still be eligible for the individual medals. Two divisions: Boys and Girls and split out for individual and team scoring according to state.

Entry Deadline: **Go online to directathletics.com to register your athletes for the LSAM/Kansas Lutheran CC Meet 2016** on October 8, 2016. When you get to the site, click on the tab at the top “user guide and help” and it will give you instructions. Register by **Monday, October 3th at 11:59 pm.** **By October 3, you also need to get your LSAM Cross Country Roster application from www.lsam.org and fill it out and sign and then send it to:**

Fax app to: (636) 946-0166

E-Mail app to: dschoedel@immanuelstcharles.org

Mail app to: L.S.A.M.

Attention: David Schoedel

115 South 6th Street

St. Charles, MO 63301

Phone for questions: (314) 520-4838

Entry Changes: State Changes will be accepted from the coach at 11:30 am on Saturday at the registration tent.

NOTE: We will also be running some Fun Runs between each Dual State Meet. Feel free to bring friends and siblings along to run. Prizes for every race finisher.

(Revised - 9/19/2016)