



2019 State Cross Country General Info

Saturday – October 19, 2019

Hotels:

Areas to find hotels within 45 minutes of Camp Trinity include Washington (20 min.), Union (30 min.), and Sullivan (45 min). Options in Washington include Best Western Plus and Super 8. There is also a Super 8 in Union. In Sullivan you can find Baymont and Comfort Inn. Camp Trinity also has limited rooms on site and can be contacted at the number below.

Meet Site:

Camp Trinity 439 Camp Trinity Drive, New Haven, MO 63068 • Phone (573)237-2072 •

Time:

11:00 AM – Registration Opens

11:15 AM – LSAM Coaches' Meeting

11:40 AM – Opening Ceremonies. Parade of athletes.

BRING A SCHOOL BANNER

12:00 PM – 4th grade and under Boys **1K FUN RUN** (\$2 entry fee/runner)

12:15 PM – 4th Grade and Under Girls **1K FUN RUN** (\$2 entry fee/runner)

12:30 PM – **LSAM STATE CC 3K Race BOYS DIVISION**

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

1:30 PM – Open **ADULT 3K RACE** – Male and Female

2:00 PM – **WORSHIP OF PRAISE AND THANKSGIVING**

2:20 PM – **LSAM 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.



2019-20 LSAM THEME:

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,..”

Colossians 3:23 (NIV)

State

\$15 per athlete. Maximum fees per school **\$150.**

Entry Fees:

Make checks payable to: **LSAM** (PLEASE PAY IN ADVANCE)

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 MO 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.

Format:

Run like a state high school cross country meet. 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 Lutheran CC Meet 2019 October 19, 2019. 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 **Tuesday, October 15th at 1:00 pm.** **AND, 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 State Meet. Feel free to bring friends and siblings along to run. Prizes for every race finisher.

(Revised - 9/3/2019)