



2023 State Cross Country General Info

Saturday – October 14, 2023

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.

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

ADMISSION: **\$5 per Car**

Time: **8:00 AM** – Registration Opens

9:00 AM – LSAM Coaches' Meeting @ Starting Line

9:30 AM – Opening Ceremonies. Parade of athletes.

BRING A **10:00 AM** – LSAM STATE CC 2 Mile RACE GIRLS DIVISION

SCHOOL **10:30 AM** – LSAM STATE CC 2 Mile RACE BOYS DIVISION

BANNER **11:00 AM** – 4th Grade and under GIRLS 1Mile FUN RUN (\$2 entry fee/runner)

11:15 AM – 4th Grade and under Boys 1Mile FUN RUN (\$2 entry fee/runner)

11:30 AM – Open ADULT 2 Mile RACE – Male and Female

12:15 PM – **WORSHIP OF PRAISE AND THANKSGIVING**

12:30 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.



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

Entry Fees: Make checks payable to: **LSAM**

State Awards: **1st** thru **12th** place in each division will receive medals. Top **3** teams in each division, boys and girls, will receive a plaque. Each MO State champ receives a gym banner.

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: **Register your athletes for the LSAM Lutheran CC Meet 2023 September 29, 2023. Get your LSAM Cross Country Roster application from www.lsam.org and fill it out and sign and then send it to:**

E-Mail app to: camptrinity73@yahoo.com

Phone for questions: (573)237-2072

Entry Changes: State Changes will be accepted from the coach at 8:30 am on Saturday at the registration tent.

NOTE: We will also be running some Fun Runs after the State Meets. Feel free to bring friends and siblings along to run. Prizes for every race finisher.

(Revised - 9/18/2023)