



2025 State Cross Country General Info

Saturday – October 11, 2025

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: **\$10 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 **\$200.**

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

State Awards: 1st thru 20th place in each division (boys and girls) for the 2 mile will receive medals. 1st thru 10th place in each division (boys and girls) for the 1 mile will receive medals. Top 4 teams in each division, boys and girls, will receive a plaque. Each MO State champ receives a gym banner. *All the students must have complied with the eligibility rules of their school, league(s) and/or tournament(s). To participate in the Cross Country Meet, a runner must be a full-time student at the school he/she is representing by September 1 of the given meet year. Without exception, a player must not have reached the age of fifteen (15) prior to the first day of September that precedes the State Meet.*

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 2025 by September 19, 2025.**
<https://www.athletic.net/CrossCountry/meet/259631/info> **ALSO Get your LSAM Cross Country Roster application from www.lsam.org, fill it out, sign and 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. Register those participants online too. Feel free to bring friends and siblings along to run.
(Revised - 8/22/2025)