



Northwest High School

Stan Nelson Invitational

TO: Cross Country Coaches and Athletic Directors

FROM: Jeff Taggart-CAA, Athletic Director

Northwest High School

RE: Stan Nelson CC meet

On Saturday, September 9th, 2017 Northwest High School will host its 52nd annual cross country invitational. We would like to invite you to participate in this event.

Date: Saturday September 9th, 2017

Time: 9:00 a.m. Coaches meeting at 8:15 a.m. in the cafeteria

Location: Northwest Early Childhood and Senior Center
6180 Hwy MM House Springs, MO 63051

Distance: All Races: 3.1 miles

Order of races:

| | |
|------------|----------------------------------|
| 9:00 a.m. | Varsity Boys (top 7 runners) |
| 9:30 a.m. | Varsity Girls (top 7 runners) |
| 10:00 a.m. | Junior Varsity Boys (unlimited) |
| 10:30 a.m. | Junior Varsity Girls (unlimited) |
| 11:00 a.m. | Freshman Boys (unlimited) |
| 11:30 a.m. | Freshman Girls (unlimited) |

Awards: Varsity Boys & Girls - 3 team trophies and 30 individual medals
Junior Varsity Boys & Girls – 2 team trophies and 20 individual medals
Freshman Boys & Girls – 2 team trophies and 20 individual medals

Sanction: M.S.H.S.A.A.

Limitations: Seniors will be allowed to run on your JV teams, remember that the JV division is NOT for your top runners. Also, no 7th and 8th graders will be allowed to run in the freshman race. This division is for 9th graders only.

Course: A map of the course will be provided to each team. Inspectors will be located around the course to call any rule infractions. [MAP COURSE VIDEO](#)

Finish: The meet will be chip timed using a finish corral. Please keep parents and spectators out of the corral and back from the finish to allow athletes to compete in the final sprint.

Start: Starting positions will be drawn assigned prior to the meet.

Scoring: Scoring will be done electronically by Fleet feet Sports