

NORTHWEST HIGH SCHOOL

Stan Nelson Invitational 2018

TO: Cross Country Coaches and Athletic Directors

FROM: Jeff Taggart-CAA, Athletic Director Northwest High School

RE: Stan Nelson CC meet

On Saturday, September 8th, 2018 Northwest High School will host its 53rd annual cross country invitational. We would like to invite you to participate in this event.

We have a couple of changes for 2018 which may impact your entries. The races will begin 30 minutes earlier than last year and the freshmen races will be shortened to one loop.

- Date:** Saturday September 8th, 2018
- Time:** **Coaches meeting at 8:00 a.m. in the cafeteria**
- Location:** Northwest Early Childhood and Senior Center
6180 Hwy MM House Springs, MO 63051
- Distance:** JV and Varsity: 3.1 Miles (5K)
Freshmen: 1.7 Miles (2.75K)
- Entries:** Entries should be completed at athletic.net no later than 5:00 pm on Thursday, September 7th, 2018.
- Order of races:**
- | | |
|------------|----------------------------------|
| 8:30 a.m. | Varsity Boys (top 7 runners) |
| 9:00 a.m. | Varsity Girls (top 7 runners) |
| 9:30 a.m. | Junior Varsity Boys (unlimited) |
| 10:00 a.m. | Junior Varsity Girls (unlimited) |
| 10:30 a.m. | Freshman Boys (unlimited) |
| 11:00 a.m. | Freshman Girls (unlimited) |
- Awards:** Varsity Boys & Girls - 3 team trophies and 30 individual medals
Junior Varsity Boys & Girls – 2 team trophies and 25 individual medals
Freshman Boys & Girls – 2 team trophies and 15 individual medals
- Entry Fee:** **\$75.00 per Division- (If you enter a boys team in every division, it would be \$225.00. Entering both boys & girls in every division would be \$450.00)**
- Sanction:** M.S.H.S.A.A.
- Limitations:** Seniors are 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 help keep parents and spectators out of the corral and back from the finish.
- Start:** Starting positions will be drawn assigned prior to the meet.
- Scoring:** Fleet feet Sports will time the meet this year.
- Concessions:** A concession stand will be ran by the Northwest Cross Country Booster Club.
- Meet Shirts:** Shirts will be on sale near the concession stand for \$12 each.

Teams Interested

School	Boys	Girls
Christian Brothers College	X	
DeSoto	X	X
Fox	X	X
Francis Howell Central	X	X
Hazelwood Central	X	X
Hazelwood East	X	X
Hazelwood West	X	X
Hillsboro	X	X
Kirkwood	X	X
Ladue		X
Lee's Summit	X	
Lindbergh	X	
Living World Christian	X	X
Maplewood Richmond Heights	X	X
Marquette	X	X
Mehlville	X	X
Northwest	X	X
Parkway Central		X
Parkway West	X	X
Riverview Gardens	X	X
Rockwood Summit	X	
Seckman	X	X
St. Charles	X	X
Villa Duchesne		X
Total Teams		