



**NORTHWEST  
CC  
STAN NELSON INVITATIONAL**

## 2021

On Saturday, September 14<sup>th</sup>, 2019 Northwest High School will host its 54th annual cross country invitational. We would like to invite you to participate in this event.

- Date:** Saturday September 9<sup>th</sup>, 2021
- 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:** High School: 5000 Meters  
Middle School: 3200 Meters
- Entries:** Entries should be completed at [mo.milesplit.com](http://mo.milesplit.com) no later than 5:00 pm on Thursday, September 9<sup>th</sup>, 2021.
- Order of races:**
- |            |  |
|------------|--|
| 8:30 a.m.  | Middle School Boys and Girls (Girls Start 1 Minute after boys) |
| 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)                                     |
| 12:00 a.m. | Awards   |
- 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  
Junior High Boys & Girls - 2 Team Trophies and 20 Medals
- Entry Fee:** **\$75.00 per Division**
- 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 7<sup>th</sup> and 8<sup>th</sup> graders will be allowed to run in the freshman, JV, or Varsity race. The freshman races are 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. [NEW 5K MAP](#) - [MIDDLE SCHOOL MAP](#)
- Finish:** The meet will be chip timed. Please help keep spectators back from the finish.
- Start:** Starting positions will be drawn assigned prior to the meet.
- Scoring:** Fleet Feet Race Productions will be timing the meet this year.
- Concessions:** A concession stand will be run by the Northwest Cross Country Booster Club.
- Meet Shirts:** Shirts will be on sale near the concession stand for \$15 each.

## STARTING BOXES

School	Boys	Girls	MS
Arcadia Valley			
Christian	x	x	
DeSoto	xx	xx	xx
Fox	xx	xx	
Francis Howell	xx	xx	
Francis Howell Central	xx	xx	
Ft. Zumwalt West	xx	x	
Hazelwood Central			
Hazelwood East			
Hazelwood West			
Herculaneum	x	x	xx
Hillsboro	xx	xx	xx
Jackson			
Kirkwood			
Lindbergh	xx	xx	
Living World Christian			
Lee's Summit	xx		
Marquette			
Mehlville	x	xx	
Northwest	xx	xx	xxx
Oakville	xx	xx	
Orchard Farm	x	xx	
Parkway West			
Pattonville			
Seckman	x	xx	
St. Charles West	xx	xx	
St. Pius X	x	x	
Valley			
Vianney	x		
Villa Duchesne			
Webster Groves			
Windsor			
Woodridge			
<b>Total Teams</b>			

