

57th Annual NORTHWEST STAN NELSON INVITATIONAL

On Saturday, September 10th, 2022 Northwest High School will host its 5th annual cross country invitational. We would like to invite you to participate in this event.

- Date:** Saturday September 10th, 2022
- 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 no later than 5:00 pm on Thursday, September 8th, 2022.
- Order of races:**
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| 8:30 a.m. | Middle School Boys and Girls (Girls Start 1 Minute after boys) |
| 9:00 a.m. | Varsity Boys (top 7 runners) |
| 9:20 a.m. | Middle School Awards |
| 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 p.m. | High School Awards |
- 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
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. No middle schoolers will be allowed to run in the freshman, JV, or Varsity race.
- 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 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.