



# Maryville Cross Country Spoofohound Invitational September 3rd, 2019



COACHES MEETING: 3:45 P.M. at the Starting Line

**Cross Country Course:** The course is located near the campus of Northwest Missouri State University, west of Donaldson Westside Park. Access to the course is on the west end parking lot of Donaldson Westside Park. The course is 100% grass and the middle section of the course is reasonably hilly. Spikes are recommended. **As this meet is one of the first of the season the junior varsity girls and boys will run an approximately 2 mile course. The varsity girls and boys will run the 5000 meter course. We recommend that coaches do not enter runners in the varsity races that cannot complete the course in a reasonable time.** This allows the meet to run as scheduled and participants do not have to wait for an extended period for their race to start. Course maps will be emailed in the very near future.

**Time:** 4:15pm - JV Boys & Girls (approximately 2 mile)

4:45pm - Varsity Girls 5,000m

5:20pm - Varsity Boys 5,000m

5:45pm - Middle School 1-mile Time Trial-No official timing (New-Open to all schools this year)

6:10pm (approximately) - Awards

**Awards:** Medals will be awarded to the top 20 individuals in the Varsity races and top 10 individuals in the Junior Varsity races. Team plaques will be awarded to the winning boys and girls varsity teams.

**Entry Fee:** \$100 per school, \$50 per gender, or \$10 per individual

**Entries:** Entries will need to be submitted at: <https://www.vbmeets.com/30065>

**Entries will close Monday, September 2nd at 11:00am.**

**Teams:** Bishop LeBlond, Chillicothe, DeKalb, East Atchison, East Buchanan, Rock Port, Saint Joseph Christian, Savannah, Smithville, South Nodaway, St. Joseph Benton, St. Joseph Lafayette

**Bus Parking:** Parking for buses will be at Donaldson Westside Park which is just west of the Northwest Missouri State campus on Country Club Drive. <https://goo.gl/maps/wHTgny7KZJ42>

**Training Services:** We will have a trainer and water for athletes located at the finish line.

**If you have any questions, please call:**

Mat Beu, Athletic Director, at 660-562-3511 (MHS) or 712-621-7297 (Cell)

[beau@maryviller2.com](mailto:beau@maryviller2.com) or Rodney Bade, Head Coach, at 660-562-3244 (MMS)

[bade@maryviller2.com](mailto:bade@maryviller2.com)