

Palmyra Invitational

September 11, 2021

DIVISION AND TIME SCHEDULE: *(Approximate times)*

Coaches Meeting in Finish Chute	8:55 am
High School Girls	9:10 am
High School Boys	9:50 am
Middle School Boys	10:10 am
Middle School Girls	10:30 am
Awards	11:00 am

LOCATION: Flower City Park/ All Grass Course

COST: High School - \$40 per team or \$80 per high school
Junior High- \$35 per team or \$70 per team

SCHOOL PACKETS: Packets containing meet supplies (chips and bibs) are prepared for each school.

SCHOOLS ATTENDING: Palmyra, Kirksville, Hannibal, Monroe City, Wright City, Mark Twain, Clark County, Brashear, Winfield, Marion County, Atlanta, Highland, Silex, Bowling Green, Atlanta, Mexico MS, Schuyler County Junior High, Wright City.

EQUIPMENT: Competitors may wear flat soled shoes or spikes. All competitors will be provided with an identification tag, and a timing chip for the race.

CHIP COLLECTION: Volunteers will be stationed at the end of the chute to cut and collect chips.

ENTRIES: Entries are due no later than September 8th, at midnight

ENTRY INSTRUCTIONS: Go to the link provided below for meet sign up instructions
<https://www.athletic.net/Help/CrossCountry.aspx?Meet=197544>

MEET QUESTIONS: Ashton Gottman, (636) 281-6063, gottmanashton@palmyrar1.us

THE START: Starting positions will be marked on the outside of the packet. It is the responsibility of each runner to be on the starting line and ready to run at the designated starting time.

THE RUN: The course is 2500 meters in length, ran twice for high school races. The course is marked with flags, paint, and cones.

THE FINISH: There will be an electronic timing system with IPICO timing mats.. Runners will move through as fast as possible. Coaches please assist depleted athletes through the chute until recovery.

TIMING: Timing will be done by B & B Race KC

MEET RESULTS: Results will be posted on <https://www.bandbracekc.com> immediately following each race.

ENTRY LIMITS: Entries are unlimited for all races. No JV races.

AWARDS: Varsity: top 20 for both girls and boys
Middle School: top 15 for both girls and boys
Team Awards for top 2 teams in high school and middle school divisions

Course Records

High School Boys	Ayden Nicholas	Hannibal	(2017)	17:01.45
High School Girls	Carly Garnett	Illini West	(2014)	19:51.55
MS Boys	Fiker Rosen	Quincy Cath	(2017)	8:39.45
MS Girls	Katelyn Robbins	Liberty	(2014)	9:18.27

