



# GAC XC Championships

Thursday, October 14, 2021



**Location:** McNair Park

**Schedule:**  
**3:30** – Coaches Meeting  
**4:00** – Varsity Boys (7 Runners)  
**4:30** – Varsity Girls (7 Runners)  
**5:00** – JV Boys (Unlimited entry)  
**5:30** – JV Girls (Unlimited entry)  
**6:00** – Awards

**Entries:** The meet will be timed and scored by TRXC Timing  
The **deadline for entries is Tuesday, October 12th at 9:00 AM** [Online Entry Form](#)

**THERE WILL BE ABSOLUTELY NO ADDITIONS AFTER DEADLINE DATE!**

**Boxes:** [Available here](#)

**Rosters:** [Girls](#) [Boys](#)

**Course:** TRXC will be setting up and marking the course. We plan to run the same course as last year. Several marshals will be stationed throughout the course during the races. They are there to give direction to runners and note any infractions. Please make sure your athletes know the course.

[Course Map](#)

**Scoring:** The awards and scoring are being done separately for each division. The top 14 in each division will receive medals (first 14 from the South, first 14 from the Central, etc), and the top 7 finishers of the varsity division will be first team All-GAC and the next 7 will be second team (14 per division).

**Misc:** There will be a trainer on site.  
Buses should drop off athletes near the entrance, then park in the lot by the soccer fields. Please do not park in the church lot.

If you have any questions, comments, or concerns, please contact either:

**Meet Info**

**Sean Erwin** – AD Francis Howell High  
Office: 636-851-4765  
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Email: [sean.erwin@fhdschools.org](mailto:sean.erwin@fhdschools.org)

**Meet Entries**

**Rich Schilling** – TRXC Timing  
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