

# Palmyra Invitational

September 12, 2020

## DIVISION AND TIME SCHEDULE:

Coaches Meeting in Finish Chute	8:15 am
High School Girls (5000m)	8:30 am
High School Boys (5000m)	9:10 am
Middle School Boys	9:40 am
Middle School Girls	10:00 am
Awards	10:30 am

(Approximate times)

**LOCATION:** Flower City Park. All Grass Course

**SCHOOLS:** Palmyra, Atlanta, Brashear, Clark County, Community R-VI, Hannibal, Kirksville, Marion County, Monroe City, Winfield, Mark Twain, Wright City, and Bowling Green.

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

**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 TRXC Timing

**T-SHIRTS:** We will be selling Invitational t-shirts.

**MEET RESULTS:** Results will be posted on [trxctiming.com](http://trxctiming.com)

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

**AWARDS:** Varsity: top 20 MS: Top 15 For both boys and girls  
Team Awards for top 2 teams in HS and MS divisions.

### Course Records

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

Note that with all the changes and adjustments due to COVID-19, changes may be made to start times and race divisions. Once local health departments and our school have finalized standards we will let you know any changes that will take place.

