



2023 Patriot / Trailblazer Cross Country Invitational



September 12, 2023

To: Athletic Directors and Head Cross Country Coaches

From: Kevin Steinmetz, TJMS Activities Director

RE: 2022 Patriot / Trailblazer Middle School Cross Country Invitational

INTRODUCTION:

The Patriot / Trailblazer Cross Country Invitational will take place on Friday, October 6, 2023. This year's invitational will once again take place on our course in Cole County Park on the west side of Jefferson City.

LOCATION/DIRECTIONS:

Cole County Park
1404 Fairgrounds Rd
Jefferson City, MO 65103
(38.564559/-92.273829)

From the North. Cross the Missouri River Bridge on US Hwy 63/54. Exit right onto US Hwy 50 West. Proceed approximately 5 miles on US Hwy 50 West and exit right onto Truman Blvd/South Country Club Dr. Turn left onto South Country Club Dr and proceed approximately 2 miles to the destination. Cole County Park will be on your left.

From the South. Proceed East/North on US Hwy 54 East. Take the US 50 West exit to the right. Proceed through the interchange and turn left onto US Hwy 50 West. Proceed approximately 5 miles on US Hwy 50 West and exit right onto Truman Blvd/South Country Club Dr. Turn left onto South Country Club Dr. and proceed approximately 2 miles to the destination. Cole County Park will be on your left.

From the East. Take US Hwy 50 West and exit right onto Truman Blvd/South Country Club Dr. Turn left onto South Country Club Dr. and proceed approximately 2 miles to the destination. Cole County Park will be on your left.

From the West. Take US Hwy 50 West and exit right onto Truman Blvd/South Country Club Dr. Turn right onto South Country Club Dr. and proceed approximately 2 miles to the destination. Cole County Park will be on your left.



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TOURNAMENT FEE:

\$75.00 per division entered. \$150.00 if entering boys and girls divisions. Please submit payment to Heather Hackman at Jefferson City High School, 609 Union Street, Jefferson City MO, 65101 or bring payment with you to the meet.

SCHEDULE:

3:30 PM	Coach's Meeting
4:00 PM	MS DIVISION / VARSITY Girls Race
4:25 PM	MS DIVISION / VARSITY Boys Race
4:50 PM	OPEN DIVISION Girls / Boys Race (Non MSHSAA)
5:15 PM	Awards

ADMISSION COSTS:

No admission cost at the gate.

LINE UP SUBMISSION: [Online Registration](#)

Entries will be submitted on MoMileSplit this year. Meet Entry opens on 09/25/23. Please go to their website Momilesplit and follow their instructions for entering the meet. All entries must be in by **NO LATER THAN October 4th, by 9:00AM**. There are unlimited entries for this meet. If you have any questions, please contact meet manager Denise Schilling at (314) 522-6176 or host schools contacts Magnus Holmstrom magnus.holmstrom@jcschools.us / Lily Kennedy lily.kennedy@jcschools.us

AWARDS:

Team Plaques	Individual Medals
1st & 2nd Place Teams	Top 20 Finishers Boys and Girls
1st Place Boy and Girl Individual Plaque	Awards Will Be Presented At The End

BOXES:

[Click Here](#) to see box assignments

ROSTERS:

[Boys](#)

[Girls](#)



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SCORING PROCEDURES:

1. TRXC Timing will be using Chip Timing.

COACH'S PACKET:

Coach's Packets will be picked at headquarters tent prior to meet. Each packet will contain:

- Information Sheet
- Course Maps
- Bib numbers/pins
- Timing chips
- List of Competitors and Numbers

RESULTS:

Live results will be available online on trxctiming.com

INVITATIONAL INFORMATION

1. Capital Region will have trainers available. Please bring your own supplies with you for regular taping. Their supplies are for emergency/urgent use only.
2. Ice will be made available for any injury that may occur.
3. Water and ice will be provided for emergencies only.
4. Portable restroom facilities will be available on site.
5. Use of any tobacco products are expressly prohibited at any JCSD Athletic Event. The field areas, parking lots, and adjacent park areas are under the jurisdiction of the school for the duration of the tournament.
6. Consumption or possession of alcohol is expressly prohibited at any JCSD Athletic Event. The field areas, parking lots, and adjacent park areas are under the jurisdiction of the school for the duration of the tournament.
7. Fans determined to be under the influence of alcohol or drugs by JCSD personnel may be asked to leave the venue or be removed.
8. Delays for weather related issues and schedule adjustments will be determined by the official starter, meet manager, and athletic administrator.



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2022 RACE ATTENDEES:

Black Hawk - fowlerkn@warrencor3.k12.mo.us
Blair Oaks - ccrouch@blairoaks.org
Columbia Independent - martinj@cislions.org
Eldon - ski.hull@eldonmustangs.org
Gentry - kwinking@cpsk12.org
Fulton - rwaters@fulton58.org
Jefferson - jrowe@cpsk12.org
John Warner - bhudson@cpsk12.org
Lange - jlinhardt@cpsk12.org
Lewis & Clark - derrick.spicer@jcschools.us
Oakland - aronnfeldt@cpsk12.org
Osage - guinnt@osageschools.org
Sedalia - middletonk@sedalia200.org
Smithton - jnovak@cpsk12.org
Thomas Jefferson - kevin.steinmetz@jcschools.us
Warrensburg - kchapman@warrensburgr6.org
West - byork@cpsk12.org



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3200m COURSE MAP

