

DISTRICT CROSS COUNTRY MEET
CLASSES 1, 2 and 3 – DISTRICT 2
CLASSES 4 and 5 - DISTRICT 3



DATE: Friday, October 30, 2020

LOCATION: McNair Park
3200 Droste Road
St. Charles, MO 63301

ADMISSION: No admission will be charged.

COVID RESTRICTIONS: All spectators are strongly encouraged to wear masks.
Social distancing is strongly encouraged.
Special areas for spectator viewing will be designated.
Only coaches and athletes currently in race allowed on course.
Only coaches and medical personnel may enter the finish corral.
There will be no awards ceremony.

MANAGER: Jim Prahlow
Lutheran North High School

SCHEDULE:

9:00 a.m.	Class 3 Coaches Meeting
9:30 a.m.	Class 3 Boys
10:00 a.m.	Class 3 Girls
10:30 a.m.	Class 2 Coaches Meeting
11:00 a.m.	Class 2 Boys
11:30 a.m.	Class 2 Girls
12:00 p.m.	Class 1 Coaches Meeting
12:30 p.m.	Class 1 Boys
1:00 p.m.	Class 1 Girls
1:30 p.m.	Class 4 Coaches Meeting
2:00 p.m.	Class 4 Boys
2:30 p.m.	Class 4 Girls
3:00 p.m.	Class 5 Coaches Meeting
3:30 p.m.	Class 5 Boys
4:00 p.m.	Class 5 Girls