

2025 Redhawks XC Invitational



Race Information:

Date: Friday, August 29th, 2025

Location: Osage Center Fields
625 North Kingshighway
Cape Girardeau, MO, 63701

Map: Will be on our website at <https://semoredhawks.com/sports/cross-country>

Distance: It will continue to be a 5k for both the men and women. We have expanded our course to be ready for both high school and collegiate championship distances, with both a 2300m and 1609m loop, along with Start-Finish distances. There are two smaller hills in the woods on the 2300m loop, the 1609m loop is flat and fast.

Schedule: 6:25 pm - Men's 5,000 meter race
6:55 pm - Women's 5,000 meter race

Entries: Entries will be done through www.directathletics.com. Please search for 'SEMO Redhawks XC Invite' to find the meet, entries will be open on July 9th. Entries are unlimited per school and free to any school who has committed to the meet before July 31st. Unattached athletes affiliated with one of the competing teams will need to be entered manually, still at no cost. Unattached athletes with no school affiliation will need to make a profile and enter on Direct Athletics, at a cost of \$25. Please send me the names of athletes who are team affiliated directly to rlane@semo.edu so we can get them entered. We are glad to offer this meet for any teams, of any collegiate division, with a maximum of 15 teams/gender. We have been able

procure sponsorships for the course and a cooperative with Cape Girardeau Parks and Recreation in order to achieve this opportunity.

Timing: Big River Timing: Live Results page to be provided later

Restrooms: Portable bathrooms will be available

Athletic Training: Please plan to bring your own athletic trainer if you have significant needs. We will have an AT available for any teams who do not have the ability to travel with one with limited equipment capabilities.

Water: We will have water available at the start and finish line. If you want water at the team camps, please be sure to bring your own, but we will have plenty available.

Inclement Weather: We will be able to utilize the team vehicles or Osage Center conference room in the event of severe weather. Our Athletic Trainer will monitor the weather and alert all other AT's in the event of possible severe weather.

Contacts:

Race Director – Ryan Lane: 573-275-6909

Race Supervisor – Eric Crumpecker: 573-986-8742

Athletic Trainer – Kristin Jones: 660-233-6029

Sports Information – Jeff Honza: 618-528-1145, Peter Leithauser

Facilities Supervisor – Kent Phillips: 573-225-1182

Athletic Administration – Betsy Wilcox: 317-797-8405