

Southern Stampede Cross Country Meet

Saturday, September 21, 2019

Hosted by: Missouri Southern State University



Entries: Entries will open on Monday, August 5th, 2019 at 12:01 am, and will close on MONDAY, September 16th, 2017 at 7:00pm.

Entry Directions: University/College entries will be made on **Direct Athletics:**
<https://www.directathletics.com/meets/xc/15291.html>

High School/JV entries will be made on **Athletic.net:**
<https://www.athletic.net/CrossCountry/meet/157903/register>

Entry List: Real-Time updated entry lists are available below:
[College/Juco](#) [University Open](#) [High School](#)

UNIVERSITY RACE: We will be scoring NCAA D1 and NCAA D2 together. As such, our "UNIVERSITY/OPEN" race will be restricted to NCAA D1, NCAA D2 schools, and Unattached athletes only, with little to no exceptions.

COLLEGE RACE: All NCAA D3, NAIA and Junior College programs will run in the "COLLEGE/JUCO" race. This race will be scored together. There will be little to no exceptions to this entry procedure. Any requests to move divisions Must be approved by meet management.

After entries are final adjustments may be made. Both team genders will be entered in the same divisions, Teams DO not have the option to split programs in to different race-divisions.
THERE WILL BE NO CLUB TEAM SCORES- NO EXCEPTIONS.

HIGH SCHOOL: We will be running 2-divisions for the varsity races, a GREEN and a GOLD Division. This concept is similar to other large regional races, by creating two varsity races it will allow more schools to participate in a Championship nature race with schools of similar sizes and abilities with more trophies and medals awarded. Therefore, the "GREEN" (Class 3&4) race is designed for the larger schools and the "GOLD" (Class 1&2) race is designed for the smaller schools.

GREEN races will be intended for **LARGE** school divisions, typically Missouri Class 3 & 4: most large sized schools, very good mid-sized schools, and elite smaller schools.

GOLD races will be intended for **SMALL** school divisions, typically Missouri Class 1 & 2: most small sized schools, and developing mid-sized schools.

JV Race is still be available with unlimited entries following the varsity races.

Coaches and programs **honest evaluation** of your team's size and strength is necessary for this schedule to be beneficial. It is our goal to make this event a championship environment for your student-athletes with more opportunity for success. As such, your assistance is greatly appreciated.

Meet Management will look at final list after entries close to determine if division fields need to be adjusted. If you have questions please feel free to contact meet management.

Race Schedule:

8:00 am College/Juco Women's (JUCO, NAIA, NCAA III) – 5K – (18 runners maximum)

8:30 am University Open Women's (NCAA I, NCAA II) – 5k – (18 runners maximum)

9:00 am College/ Juco Men's (JUCO, NAIA, NCAA III) - 8K – (18 runners maximum)

9:45 am University Open Men's (NCAA I, NCAA II) - 8K (18 runners maximum)

10:30 am **High School Girls Varsity GREEN (Large school)**– 5K (10 runners per team maximum)

11:00 am *College/Juco – University Open AWARDS PRESENTATION*

11:00 am **High School Girls Varsity GOLD (Small school)** – 5K (10 runners per team maximum)

11:30 am **High School Boys Varsity GREEN (Large school)** – 5K (10 runners per team maximum)

12:00 pm **High School Boys Varsity GOLD (Small school)**– 5K (10 runners per team maximum)

12:30 am Girls Junior Varsity Race – 3k (**Unlimited**)

1:00 pm Boys Junior Varsity Race – 3k (**Unlimited**)

1:30 pm *High School Varsity and Junior Varsity AWARDS PRESENTATION*

LIVE RESULTS WILL BE STREAMED AT WWW.HEARTLANDTIMING.COM

Entry Fee (Full Team is 5 or more athletes)

College/Juco - University /Open \$250 per gender or \$500 for both Men's and Women's teams (18 Maximum per gender)
– Teams with less than 5 = \$30.00 per individual. Teams with more than 18 individuals will be charged an additional \$30 per runner @ packet-pick-up.

Unattached Runners \$30 per individual (Unattached Runners in University and Open Race Only- **NO TEAM SCORE**)

High School Varsity \$150 per gender or \$300 for both Girls and Boys Varsity Team (10 Maximum per gender)
– Teams with less than 5 = \$25.00 per individual

High School JV No charge- but must have full 8 person team in Varsity (Unlimited entries)

UNIV/COLLEGE PAYMENT: University and College teams will **PAY ONLINE at Direct Athletics** when entries are made.
NOTE: entries are not final until your payment is submitted.

HIGH SCHOOL PAYMENT: Payment in cash or check must be made prior race time.
CHECKS MADE OUT TO: MISSOURI SOUTHERN CROSS COUNTRY, 3950 E. Newman Rd. Joplin, Missouri 64801.

IMPORTANT NOTES:

1. Fees are based on the number of athletes ENTERED, not participating.
2. *Teams Entering after the Entry Deadline will be assessed an additional \$100 per gender.*

Box Assignments: [College/Juco](#) [University/Open](#) [HIGH SCHOOL/ JV](#)

Course Map: [3k](#) [5k](#) [8k](#) [Course Description](#)

Website <http://www.mssulions.com/facilities/?id=11>

Packet Pick Up: Packets can be picked up Friday between 4:00pm-5:00pm and Saturday morning between 7:00 am – 11:00 am on the course at the finish line.
ALL SCRATCHES MUST BE MADE AT THIS TIME

Timing and Chip Collection: We will be using chip timing. Coaches will be given a return bag in their packet for chip collection. Following the conclusion of the race coaches need to return chips to the timing tent, and will receive a copy of the results. Teams will be charged \$25 per lost chip.

Parking/Team: [Parking/Team Map](#)

Emergency Plan: [Emergency Evacuation Protocol](#) [Evacuation Route](#)

Scoring: The first 5 runners will count in team scoring and the 6 and 7 runners will count as displacers.
**** There will be NO CLUB TEAM SCORES. Any unattached runner will have a time and individual place only.***

Awards:

Team Awards: Top Two Teams in College/Juco, University Open, High School GREEN, High School GOLD, and Junior Varsity Races

Individual Awards: College/Juco: Top 15, University Open: Top 15, High School Varsity: Top 20, Junior Varsity: Top 20

Spectators: There will be a \$5.00 admission charge for spectators. NO DOGS ALLOWED ON COURSE

Trainers: MSSU Trainers will be available on site.

Questions:

Bryan Schiding –Director of Cross Country/Track & Field – schiding-b@mssu.edu

Jamie Burnham- Head Distance Coach – burnham-j@mssu.edu

Heartland Timing – Dennis Weber - dennis@heartlandtiming.com