

## **RULES**

Rules for STATE 2019 Cross Country can be found on our LSA website at [www.luthsports.org](http://www.luthsports.org).

## **BIB NUMBER AND CHIP ASSIGNMENTS**

Runners will be assigned a bib number and chip assignment. All timing chips and bibs will be in the coaches packet that they will pick up from the meet director the morning of the race. Timing chips will need to be turned in to the finish line upon completion of the event. Missing chips will be charged a rate of \$25 per chip.

## **AWARDS**

In each girls' and boys' division, team awards will be presented to the top eight places. Trophies will be awarded to the first, second, and third place teams. Fourth through eighth place teams will be awarded plaques. A total of thirteen (13) medallions will be given to the top two teams. A total of thirteen (13) ribbons will be given to third through eighth placed teams. Banners will be given to both boys' and girls' State Champions.

In each division, one individual award shall be presented to the top fifteen finishers. Individual medallions will be awarded to the first, second, and third place runners. Fourth through fifteenth place runners will receive a ribbon.

No awards will be given to participants in the Open Run. The Open Run is to be for schools who have more than ten (10) runners or for participants that do not want to run in the State event.

## **T-SHIRT ORDERS**

Participants wanting to purchase State 2019 Cross Country T-shirts must order them in advance on the website. [www.luthsports.org](http://www.luthsports.org). You can complete your order and PAY for your shirt(s). Online orders must be submitted no later than midnight on Sunday, October 13, 2019.

**THERE WILL BE A LIMITED SUPPLY OF EXTRA SHIRTS FOR SALE ON THE DAY OF THE EVENT. PLEASE AVOID DISAPPOINTMENT BY PREORDERING AND PAYING FROM THE WEBSITE!**

**For further information regarding the meet, please contact:** Tina Houck  
Cell: (618) 830-9235  
Email: [thouck@luthsports.org](mailto:thouck@luthsports.org)

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Dear Friends In Christ,

## STATE CROSS COUNTRY 2019

The 15th Annual Lutheran Sports Association State Cross Country Meet will be on Saturday, October 19, 2019 at Trinity Lutheran School in Bloomington, IL. Registration will begin at 11 a.m. with the first race starting at 12:30 p.m. The meet will consist of a Girls' Division, Boys' Division and an Open Run.

### **Time Schedules:**

11:00 a.m. – 11:45 a.m. – Registration/Walk the Course  
12:00 p.m. – Coaches Meeting at Sound System Area  
12:15 p.m. – Opening Remarks and Prayer  
12:20 p.m. – Girls Check-In  
12:30 p.m. – Girls' Run  
12:50 p.m. – Boys Check-In  
1:00 p.m. – Boys' Run  
1:20 p.m. – All Open Run Participants will Check-In  
1:30 p.m. – Open Run

Following Open Run will be Awards Ceremony

### APPLICATIONS AND ENTRY FEES

All schools must enter participants for the meet online at [www.directathletics.com](http://www.directathletics.com).

For those schools that do not have an account with Direct athletics, you will need to set up an account for your school before entering your roster(s).

All schools must enter participants for the meet on the internet. To send in an application, go to [www.directathletics.com](http://www.directathletics.com) and search for the event, "Lutheran Sports Association of Illinois State XC Meet."

Please contact me if you are having difficulty with registering.

All Registration for the Cross Country State Meet needs to be received on or before October 16, 2019 by 12 p.m. (Noon). The entry fee is \$13 per participant, with a maximum of \$120 per team. A team is defined as one gender with a minimum of five participants. A school may have two teams (boys and girls) participate which may require a maximum entry fee of \$240. A school may sign up a maximum of ten (10) participants for the Girls' Division and ten (10) participants for the Boys' Division. Any school wanting to bring more than 10 participants per Division may sign them up for the Open Run.

**Please send all entry fees to:**

Tina Houck, 6744 Oxford Lane, Maryville, IL 62062

Checks can be written to Lutheran Sports Association