



Dear Friends,

STATE CROSS COUNTRY 2023

The 18th Annual Lutheran Sports Association State Cross Country Meet will be held on Saturday, October 14, 2023 at Trinity Lutheran School in Bloomington. Registration will begin at 11:00 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
12:15 p.m. - Opening 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. - Open Run participants check in
1:30 p.m. - Open Run
Following Open Run - Awards Ceremony

APPLICATIONS AND ENTRY FEES

All schools must enter participants for the meet on the internet. **This year schools are to register their runners on athletic.net.** Search for middle school meets in Illinois on October 14, 2023. For those of you that do not have an account with Athletic.net, you will need to create a free account for your school before entering your roster. **Please go to www.athletic.net and search for the event, “Lutheran Sports Association of Illinois State Meet”.**

Information for Cross Country needs to be received **on or before October 11, 2023.**

The entry fee is \$13.00 per participant, with a maximum of \$120.00 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.**

***Checks are made out to Lutheran Sports Association.**

Please send all entry fees to:

**Tina Houck
6744 Oxford Lane
Maryville, IL 62062**

RULES

Rules for STATE 2023 Cross Country can be found on our LSA website at www.luthsports.org.

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/ribbons will be given to the top eight 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 ten 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 2023 Cross Country T-shirts or hoodies **must** order them in advance on the website. www.luthsports.org. A small limited supply of shirts will be available for purchase at the meet, so make sure to order yours in advance to avoid not getting a State shirt/hoodie. You can complete your order online and pay for your shirt(s) at the meet by cash or check. **Online orders will be open until October 8. Please check the luthsports website for updates and changes of dates.**

COACHES PLEASE MAKE YOUR PARENTS AND PARTICIPANTS AWARE OF THIS SHIRT INFORMATION.

For further information contact:

Tina Houck

Cell: (618) 830-9235

Email: thouck@luthsports.org