

# Conway Invitational Cross Country Meet

Conway High School and Jr. High School will host their annual Cross Country Meet on Thursday, October 8, 2026 at 4:10pm. We have our own electronic timing system to use for the meet. The timing will be a chip on the back of bib numbers. It is very important to submit your complete rosters by the due date so bib numbers can be assigned. Please remember to only submit a roster of athletes that will be running. Summit entries on Athletic.net

We will have a coaches meeting at 3:30. The meet will begin with Varsity Girls/Boys and then JH Girls/Boys, and Elementary Race. The course will be run on the Conway campus. There will be restrooms facilities available at our softball field and baseball fields. Water will be provided for the runners.

I will send out additional information regarding bus parking closer to race time. We will have a hospitality room for coaches and bus drivers.

There will be \$10.00 individual or a \$100 for HS team and \$100 for JH team so \$200 for both HS and JH. Please have checks made out to Laclede County R-1 Schools. We will once again trade entry fees with schools we are going to participate in their meets.

The top 20 runners in the Varsity Boys and Varsity Girls will medal. The top 20 Junior High Boys and Junior High Girls will medal. First place and second place plaques will be given in the Junior High and Varsity Events. Top 10 for elementary girls and boys will get medals.

We will be on a rolling schedule (times for races are approximate time starts). Medals will be handed out in the chute and Team awards will be given to teams as soon as we get results.

Coaches Meeting: 3:30pm

Senior Night: 4:00pm

Varsity Girls: 4:10pm

Varsity Boys: 4:50pm

JH Girls: 5:10pm

JH Boys: 5:30pm

Elementary Girls/Boys: 5:50pm

If you have any questions feel free to call, 417-589-2171. Please send team rosters and divisions to E-mail (alowery@lcr1.org), so I can prepare medals, packets and parking. If you hear of anyone needing a meet or just wants to come please have them contact me.

Sincerely,

Andrew Lowery-Conway Cross Country Coach