

# 23<sup>rd</sup> Annual St. Vrain Invitational Cross-Country Meet

Dear Coach and AD:

We would like to invite your team to participate in the 23<sup>rd</sup> St. Vrain Cross Country Invitational. to be held at Lyons Middle Senior High School on Friday and Saturday, September 15<sup>th</sup> and 16<sup>th</sup>. The race for middle schoolers will be Friday, Sept. 15<sup>th</sup>, and will be run over the first two loops of the course for a distance of 3.5 kilometers. The high school portion of the meet will take place on Saturday morning, September 16<sup>th</sup>. We will use Colorado MileSplit to collect entries. We will be limiting the meet to the first forty 2A/3A teams, the first thirty-five 4A/5A teams, and the first forty (40) middle school teams. **We will expect your roster submissions on MileSplit by Monday, September 11<sup>th</sup>** and we will charge based on this number of entries. Any late submissions will be charged an additional \$20 per athlete.

## Fee Information for MS and HS: (based on # of entries as of September 11<sup>th</sup>, 2023):

**High School:** 10 or less team members or individuals is \$15 per athlete,

# of entries: 11-15 (\$175), 16-25 (\$250), 26-35 (\$300), 36-45 (\$350), 46-60 (\$400), 61 or more (\$500)

**Middle School:** 15 or less entries is \$10 per athlete

# of entries: 16-19 (\$150), 20-29 (\$200), 30-39 (\$250), 40-49 (\$300), 50 or more (\$350)

**Make all checks payable to: Lyons High School** and send to:

Lyons High School  
Attn: Lori Herman  
100 McConnell Dr  
Lyons, CO 80540

Please let your parents/fans know that there are **NO DOGS ALLOWED on school property.**

The **tentative** schedule for the two days is as follows:

Friday, September 15<sup>th</sup>:

6:00 pm Middle School Boys (3.5K race)  
6:30 pm Middle School Girls (3.5K race)  
7:15 pm Awards in Front of the East Grandstand

Saturday, September 16<sup>th</sup>:

8:05 National Anthem  
8:25 HS Girls Varsity 2A/3A - Run Unlimited, Score 4  
9:00 HS Boys Varsity 2A/3A - Run Unlimited, Score 4  
9:30 HS Girls Varsity 4A/5A - Run 10, score 5  
10:00 **2A/3A Varsity Awards in Front of East Grandstand**  
10:05 HS Boys Varsity 4A/5A - Run 10, score 5  
10:30 HS Girls JV/Open  
11:05 HS Boys JV/Open  
11:35 **4A/5A Varsity Awards in Front of the East Grandstand**

**Awards for this year's meet:**

- \* Ribbons for the top 25 individuals in the Open and Middle School races
- \* Custom T-Shirts for the top 10 individuals in the Varsity Races, ribbons for 1 to 20
- \* A plaque for the top team in both divisions, Boys' and Girls' Varsity
- \* Ribbons for the top 3 teams in the high school varsity divisions

**If you would like to attend the meet, please add the meet to your team schedule on MileSplit and make sure we have your email contact information.**

If you have questions, please e-mail David Goodman at: [goodman\\_david@svvsd.org](mailto:goodman_david@svvsd.org) or call 219-916-8206