



2020 Kris Solsberg Invitational



Saturday, September 19th

VIRTUAL COACHES MEETING

Location:

Lee's Summit North High School
901 NE Douglas St
Lee's Summit, MO 64086

Entry Fee:

\$150 boys & girls team or boys \$100 team and girls \$100 team. **Please note that we are only allowing 10 varsity runners and 10 JV runners per team.** Make checks payable to LSR7 Athletics Mail to Rich Bechard, District Athletic Director

Stansberry Leadership Center
301 NE Tudor Rd.
Lee's Summit, MO 64086

Timing and Entries:

KC Running Company will be timing this race. Please send a spreadsheet to ryan.shortino@LSR7.net with your athletes' names, grade, gender, and school by Wednesday, September 16.

Time Schedule:

7:30 AM	Senior Recognition	Start line		
8:00 AM	Varsity Boys	Box 1	SM East	SM East
8:02 AM	Varsity Girls	Box 2	Blue Spring South	Blue Springs South
8:04 AM	JV Boys	Box 3	Liberty	Liberty
8:06 AM	JV Girls	Box 4	Liberty North	Liberty North
		Box 5	Notre Dame de Sion	Rockhurst
8:30 AM	Varsity Boys	Box 1	LSW	
8:32 AM	Varsity Girls	Box 2	LSN	LSN
8:34 AM	JV Boys	Box 3	Grain Valley	Grain Valley
8:36 AM	JV Girls	Box 4	Blue Springs	Blue Springs
		Box 5	BV Southwest	BV Southwest
9:00 AM	Varsity Boys	Box 1		LSW

9:02 AM	Varsity Girls	Box 2	LSHS	LSHS
9:04 AM	JV Boys	Box 3	Park Hill South	Park Hill South
9:06 AM	JV Girls	Box 4	Park Hill	
		Box 5	Staley	Staley
9:30 AM	Varsity Boys	Box 1	Truman	Truman
9:32 AM	Varsity Girls	Box 2	St. Pius X	St. Pius X
9:34 AM	JV Boys	Box 3	St. Michael's	St. Michael's
9:36 AM	JV Girls	Box 4	Basehor-Linwood	Basehor-Linwood
		Box 5	William Chrisman	William Chrisman
10:00 AM	Varsity Boys	Box 1	North Kansas City	North Kansas City
10:02 AM	Varsity Girls	Box 2	Ft Osage	Ft Osage
10:04 AM	JV Boys	Box 3	Raytown	Raytown
10:06 AM	JV Girls	Box 4		
		Box 5	Lincoln Prep	Lincoln Prep

Awards:

Varsity Races: Top 15 finishers; One Team Trophy

JV/Open Races: Top 15 finishers

COVID GUIDELINES- (more information will be provided closer to race day)

No Spectators due to Jackson County Health Department mandate.

Coaches and Officials must wear face coverings at all times. Masks that cover the nose and mouth must be worn by all those in attendance.

Athletes can remove masks when competing.

Team Entrance/Tent City:

Please have your bus drop your team off at the team entrance located in the southwest corner of the parking lot. Tent City is tentatively located west of the practice soccer field. No tents are allowed this year. You may bring a tarp we just ask that you practice social distancing.

Amenities:

Port-O-Potties: They will be located near Tent City.

T-Shirts: We will be selling performance meet shirts at the course entrance if your parents want to do a drive-by purchase.

Supplies are limited so tell your kids to hurry!

Last Years Teams (new teams will be added as we hear from schools)

Boys: Basehor-Linwood, Blue Springs South, **BVSW**, Ft. Osage, Lincoln Prep, LSHS, LSN, LSW, Liberty, Liberty North, North KC, Park Hill, Park Hill South, Raytown, Rockhurst, St. Michaels, Staley, Truman, William Chrisman

Girls: Basehor-Linwood, Blue Springs, Blue Springs South, **BVSW**, Ft. Osage, Liberty, Liberty North, LSN, LSW, North KC, Notre Dame de Sion, Park Hill, Park Hill South, Raytown, St. Michaels, Staley, Truman, William Chrisman

 **Lee's Summit North** 



— MILE 1
— MILE 2
— MILE 3.1

 ENTRANCE

 RESTROOMS

 **Cross Country 5k** 