

Canis-Lupus Cross Country Cup

Thank you for attending the 11th annual Canis-Lupus Cup. We are thankful that you are attending, and I hope that this continues to be a fun, low key, tradition for our Sub-Varsity runners. We will have medals & a trophy for the top team.

Date: Wednesday September 23rd, 2026

Teams: Blue Valley Southwest, Blue Valley High, Blue Valley North, Olathe South, Olathe West, St. James Academy, Shawnee Mission South, Shawnee Mission North, Shawnee Mission West, KC-Washington, Chesterton Academy

Race Schedule:

<u>Race</u>	<u>Time</u>	<u>Distance</u>
Girls Race	4:00pm	5k
Boys Race	4:40pm	5k
Awards Ceremony	5:20pm	

Entrance to the Course & Campsites:

Bus Drop Off: It is best for busses & vans to enter the campus from the North (on 175th st) between Aubry Bend & BVSU then turn left at the stop sign. Drop athletes off near the entrance of the football & soccer fields. The entrance to the course can be reached either behind the soccer stadium or between the baseball/softball fields. Camps can be set up in any location that is NOT directly on the athletic fields.

Parents & Families will need to park in the south student parking lot of Blue Valley Southwest just north of the grass football field. **There is currently construction at the 179th & Quivira Intersection so access the campus from the North on 175th st.** Fans can get to the course by entering the athletic fields & walking past the baseball fields

Entries/Timing:

****NEW****The BVSU will be timing & scoring the event this year. We will be using the "old school" method of Bib numbers & popsicle sticks with video backup. No additional requirements from the coaches/athletes will be needed other than informing your athletes to continue through the finish chute to help make sure they get recorded.

We will still be using Milesplit for entries this year. Click the link & put your athletes into the race. Please, only enter athletes who are likely running, it will help me on my side with registration.

Entries are due **by Noon September 22nd, 2026.**

Link to Register: <https://ks.milesplit.com/meets/774460/registration/sessions/2652185/review>

Meet Website: <https://www.bvswxc.com/copy-of-southwest-middle-school-cha-1>

Course Information:

The start & finish lines are south of the softball fields. The 2-loop course will be run entirely on grass between 179th, Quivira & the athletic fields. We will have a lead vehicle for the convenience & safety of the athletes. The course will be marked with paint, cones, rope & signs. There will also be monitors at strategic locations on the course to ensure the athletes stay on the intended path & look for any athletes in need of medical attention. After the lead gator goes through it will loop back around trail the last runners into the finish.

Restrooms/Medical Tent:

The restrooms will be open by the soccer & football fields. The medical area will be near the finish line.

Awards:

There will be a short awards ceremony to recognize the medalists & top team following the conclusion of the boys' race. The awards ceremony will take place at the rock podium near the starting line.

Individual Medals Top 10 – Individuals in each race

The Canis-Lupus Cup Trophy

A Traveling Trophy will be awarded to the school that has the lowest total points scored by **BOTH THE BOYS & GIRLS** teams combined.

Thank you,

Aaron Ballew

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