

Canis-Lupus Cross Country Cup

Thank you for attending the 8th annual Canis-Lupus Cup. We are thankful that you were able to participate and I hope that this can continue to be a fun, low key, tradition for the runners. We will have medals & a trophy for the winning team.

Date: Wednesday September 20th, 2023

Teams: Blue Valley Southwest, Blue Valley West, Blue Valley North, Olathe South, Olathe West, Leavenworth, St. James Academy, Gardner-Edgerton, Shawnee Mission South, Shawnee Mission North, 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 & BVSW then turn left at the stop sign. Drop athletes off near the entrance of the football & soccer fields. Due to construction, the entrance to the course has been moved to **BEHIND THE SOCCER STANDS**. Camps can be set up in that area behind the soccer stadium. [See map for location](#)

Parents & Families will need to park in the south parking lot of Blue Valley Southwest just north of the grass football field. We will be using the athletic lot near the entrance as a staging ground for homecoming parade & it will be closed to the public. School gets out at 2:55pm & getting into or out of the parking lot can be difficult between 2:55-3:10pm, so plan accordingly. Once parked, fans can enter the course through the football & soccer entrance by the concession stands & restrooms. [See map for location](#)

Entries/Timing:

J.J. Wanamaker & the Shawnee Mission Team will be timing & scoring the event using Chip Timing. We will be using Milesplit for entries this year. Click the link & put your athletes into the race. Entries are due **by September 18th, 2022**.

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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