

Louisiana State Games
Cross Country Championships

Saturday, October 31, 2020
Sterlington Sports Complex
1290 Hwy 136
Sterlington, LA 71280

Boys and Girls K - 8th Grades
Registration starts at 8 a.m.

Race Divisions, Starting Times and Distances

	Girls	Boys
K - 2 nd Grades	8:30 a.m. - 1/2 mile	8:45 a.m. - 1/2 mile
3rd & 4th Grades	9:00 a.m. - 1 mile	9:20 a.m. - 1 mile
**Awards for K-2 & 3-4 grades on baseball Field 1		
5th & 6th Grades	10:00 a.m. - 1 mile	10:20 a.m. - 1 mile
7th & 8th Grades	10:40 a.m. - 1 mile	11:00 a.m. - 1 mile
**Awards for 5&6 and 7&8 on baseball Field 1		

Medals presented to the first ten finishers in each age group.
Certificates presented to the first 15 finishers in each age group.

SPONSORS:

Louisiana State Games
Monroe-West Monroe Convention and Visitors Bureau

For more information call: Scott Bruscato at sbruscato@monroe-westmonroe.org
or 318-387-5691 - (O) or 318-680-0904 (C)
Meet information can also be found at www.louisianastategames.com

MEET INSTRUCTIONS

Registration:

All teams will need to go to www.athletic.net to register their team and input their runners. **We are moving to chip timing, and bibs will be pre-assigned.** Late registration and packet pickup will start at 8:00 a.m. on Saturday, October 31, 2020. There will be a registration table set up in front of the central building of the complex. Registration will be on-going until 30 minutes before your race. Entry fee - \$8.00 per individual; \$90.00 per school (boys and girls).

Uniforms or Race Attire:

Teams are encouraged to wear school-issued uniforms of like-kind if possible. Individual or unattached athletes can wear shorts & T-shirts of their choice.

Race Course:

The start and finish areas will be at a similar place for all races.

Spectators:

Coaches and spectators can go out into the fields to cheer on their athletes; however, one can see 80% of the race from the upstairs viewing deck or bleachers.

WEBSITE TO DOWNLOAD INFORMATION: www.louisianastategames.com and click on Sports, click on Cross Country and click on forms. Teams will register at www.athletic.net and can bring payment on the day of the meet.

Dear Cross Country Coach:

Your team is invited to attend the Louisiana State Games Cross Country Championships to be held on the Sterlington Sports Complex on Saturday, October 31, 2020.

The top 3 finishers in each group are eligible to compete in the National Congress of State Games of America during the summer of 2021. More information about the State Games of America can be found at www.stategames.org.

Coaches, please know if you are not able to attend, your athletes may enter as individuals and represent your school.

Medals will be awarded to the top ten (10) in each race, and certificates will be presented to the first fifteen (15) finishers in each race. Championship and Runner up team awards will be presented in each division. Entry Fee \$8.00 per individual or \$90.00 per school (boys & girls).

Make checks out to:

Monroe-West Monroe CVB
PO Box 1436
West Monroe, LA 71294-1436

Please help us increase interest in this State Meet by telling the other coaches in your area about the meet. Feel free to make copies of the enclosed information and pass on to those interested.

This meet is sponsored hosted by Louisiana State Games, and all registered athletes will receive a state games t-shirt.

Thank you,

Scott Bruscato

Email: sbruscato@monroe-westmonroe.org
FAX NUMBER: 318-324-1752
PHONE NUMBER: 318-387-5691 or 318-680-0904
WEBSITE: www.louisianastategames.com

**LOUISIANA STATE GAMES
CROSS COUNTRY CHAMPIONSHIPS**

INDIVIDUAL \$8 per runner

REGISTRATION AND RELEASE FORM

LOUISIANA STATE GAMES ELEMENTARY AND JUNIOR HIGH CROSS COUNTRY CHAMPIONSHIPS

Saturday, October 31, 2020

Name: _____ School or Club: _____
(Please print)

Home Address: _____ City: _____ St: _____

Date of Birth: _____

Phone: _____

Email: _____

RACE DIVISIONS

7th & 8th Grade	Boy _____	Girl _____
5th & 6th Grade	Boy _____	Girl _____
3rd & 4th Grade	Boy _____	Girl _____
K --2nd Grade	Boy _____	Girl _____

RELEASE STATEMENT: In Consideration for the participation in the Louisiana State Games Cross Country Championships, I, for myself and anyone entitled to act on my behalf, waive and release Louisiana State Games, Monroe-West Monroe Convention and Visitors Bureau, Ouachita Parish High School, and all members thereof, and all sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in the aforementioned program, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I also grant permission to all of the foregoing to use any photographs, motion pictures, videos, recordings, or any other record of the event for legitimate purposes.

Parents or Coach's
Signature _____

For Office only:

Date received: _____ Check #: _____ Cash: _____

Make checks out to:

Monroe-West Monroe CVB

PO Box 1436

West Monroe, LA 71294-1436

**LOUISIANA STATE GAMES
CROSS COUNTRY CHAMPIONSHIPS**

Team \$90 per School Entry

REGISTRATION AND RELEASE FORM

Saturday, October 31, 2020

School Name: _____
(please print)

Coaches Name: _____
(Please print)

School Phone Number: _____

Coaches Cell Phone: _____

Coaches Email: _____

RACE DIVISIONS:

7th & 8th Grade	Boy _____	Girl _____
5th & 6th Grade	Boy _____	Girl _____
3rd & 4th Grade	Boy _____	Girl _____
K - 2nd Grade	Boy _____	Girl _____

TEAM MEMBERS NAMES

First and Last Names

1. _____	2. _____
3. _____	4. _____
5. _____	6. _____
7. _____	8. _____
9. _____	10. _____

Release Statement: In consideration for participation in the Louisiana State Elementary and junior High Cross Country Championships, I as coach of this team, and anyone entitled to act on my behalf, waive and release the Louisiana State Games, Monroe-West Monroe Convention and Visitors Bureau, Ouachita Parish High School, and all members thereof, and all sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my team's participation in the aforementioned program, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I, as coach of this team, also grant permission to all of the foregoing to use any photographs, motion pictures, videos, recordings, or any other recordings, or any other record of the event for legitimate purpose.

Coach's Signature: _____

For Office only:

Make checks out to:

Monroe-West Monroe CVB

PO Box 1436

West Monroe, LA 71294-1436