

# 2020 SLUH XC Meet Schedule & Information

## 2019 Conference Champions and Missouri State Runner-Up

*Check back often for the most up-to-date information we have. Times listed are for our first race of the day. Coaches will confirm race times and rosters as soon as we are able. Check Twitter, email, and the team website for further information. Contact Coach Gilmore if you aren't receiving team emails.*

### Daily Practice Schedule

DAY	DATE	MEET	LOCATION	TIME	NOTES
Sa	Sept 26	<a href="#">Parkway West Cowboy Classic</a>	<a href="#">Living Word UMC</a>	10a	"A" Race (21 runners-10a), "B" Race (21-10:30a), "C" Race (21-11:00a) and "D" Race (21-11:30a). All team members race in one of the four races.
Th	Oct 1	Chaminade, De Smet, CBC Quad Meet	<a href="#">Chaminade</a>	4:15p	This meet is only for runners not competing at 10/3 Parkway West meet.
Sa	Oct 3	<a href="#">Parkway West Dale Shepherd Inv.</a>	<a href="#">Living Word UMC</a>	8a	Varsity (7 runners; 8:30a), JV (7 runners; 8a), Freshmen (7 runners; 9a)
W	Oct 7	MCC Championship	<a href="#">Chaminade</a>	4:15p	Varsity 4:15, JV1 4:45, JV2 5:15, Freshmen 5:45
Th	Oct 15	Vianney, De Smet, CBC Quad Meet	<a href="#">Jefferson Barracks</a>	4:45p	All race, except Group 1. Jr/Sr race at 4:45pm, Fr/So race at 5:30pm.
Th	Oct 22	<a href="#">Webster Invitational</a>	<a href="#">Blackburn Park</a>	4:00p	Varsity (7 runners; 4:00p), JV "A" (7 runners-4:30p), JV "B" (7 runners; 5:00p), Freshmen (7 runners; 5:30p)
F	Oct 23	<a href="#">Clayton Invitational</a>	<a href="#">Shaw Park</a>	3:45p	Varsity (7 runners; 3:45p); JV (7 runners; 4:55p)
F	Oct 23	<a href="#">Big River Invitational</a>	<a href="#">Buder Park</a>	4:55p	Varsity (12 runners; 5:00p); JV (14+ runners; 5:30p)
W	Oct 28	<a href="#">Findley JV/C Meet</a>	<a href="#">Chaminade</a>	4:15p	For those not competing at District. Freshmen (4:15p), JV-1 (4:45p), JV-2 (5:15p) Last day of the season for most team members.
Sa	Oct 31	<a href="#">Class 5 District 2 Championship</a>	<a href="#">Sullivan, MO</a>	11:45a	Top 7 Varsity. Campbell-Chapman Sports Complex in Sullivan, MO.
Sa	Nov 7	<a href="#">Class 5 State Championship</a>	<a href="#">Columbia, MO</a>	11:00a	Top 7 Varsity. Gans Creek XC Course in Columbia, MO.

**Head coach:** Joe Porter

**Assistant coaches:** Brian Gilmore, Rich Esswein, Michael Lally, Riley Flynn, Jack Sullivan

**President:** Mr. Alan Carruthers

**Principal:** Fr. Ian Gibbons, SJ

**Athletic Director:** Mr. Chris Muskopf

**XC Office Number:** (314) 269-2262

**SLUH XC Team Website:** <https://www.sluh.org/athletics/teams/cross-country>

**Follow us on Twitter:** <https://twitter.com/sluhxctrack>

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