

2023 Michigan Lutheran Schools Cross Country State Championships

Date: Sunday, October 8th

Host: Michigan District, LCMS

Site: Concordia University – Ann Arbor, MI

Course: Races are 2 miles. Grass, dirt trails, rolling hills. (2 maps provided in packet)

Time: 2:30pm – Girls grade 4-8 3:15pm – Boys grade 4-8 4:00pm - Awards Following

Awards: “All State” Medals to top 8 in each division.

Boys 4th-6th grade

Boys 7th-8th grade

Girls 4th-6th grade

Girls 7th-8th grade

Trophies to Overall Team Champions for both Boys & Girls

Course Maps: There are two in this packet. They are also posted on athletic.net, along with race day instructions.

Bib Numbers: There are designated bib numbers in this packet for each runner that need to be pinned to the front of their jersey. There are enough safety pins for 4 pins per bib number.

Colored “A” Tags: There are colored tags for each seventh and eighth-grade runner to wear on the back of their jersey. Pick those at the table near the fence line. Wear them with the “A” showing. .

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Welcome to the 2023 State Cross Country Championships. We hope and pray that each of you has a wonderful experience at our host site, Concordia University, as well as running in this State Championship and National qualifying race! We are running all grades in one race per gender. Seventh and eighth-grade (“A”) athletes will wear a pinned-on colored tag on their backs to designate their age division and will compete separately for medals from the fourth through sixth graders. Although they will compete separately for medals, all runners will figure in the team scoring together. Our State Meet is a National qualifying meet. Teams and individuals from our state will qualify to compete in the Lutheran School National Meet hosted by Concordia Wisconsin in Mequon, on October 21st. National Meet qualifying information for both individuals and teams can be found at:

<http://www.cuwfalcons.com/sports/mxc/nationallutheranchampionships>

God’s Blessings as your runners compete today!