

# **Louisiana State Games Cross Country Championships**

*Saturday, October 25<sup>th</sup>, 2025*

## **Event location:**

**University of Louisiana Monroe  
Brown Stadium  
518 Warhawk Way  
Monroe, LA 71209**

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

## **Race Divisions, Starting Times, and Distances**

Girls	Boys
K - 2 <sup>nd</sup> Grades	8:30 a.m. - 1/2 mile
3rd & 4th Grades	9:00 a.m. - 1 mile
<b>**Awards for K-2 &amp; 3-4 grades on the soccer field</b>	
5th & 6th Grades	10:00 a.m. - 1 mile
7th & 8th Grades	10:40 a.m. - 1 mile
<b>**Awards for 5&amp;6 and 7&amp;8 on the soccer field</b>	

Medals are presented to the first ten finishers in each age group.  
Certificates will be given to the first 15 finishers in each age group.

SPONSORS: Louisiana State Games and Discover Monroe-West Monroe

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

## **MEET INSTRUCTIONS**

### **Registration:**

**All teams must visit [www.la.milesplit.com](http://www.la.milesplit.com) to register their team and enter 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 25th, 2025. A registration and t-shirt pickup table will be located inside the stadium, near the fieldhouse. Registration will be open until 30 minutes before your race. The entry fee is \$10.00 per individual and \$110.00 per school (for both boys and girls).

### **Uniforms or Race Attire:**

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

### **Racecourse:**

The start is behind the softball field and finishes on the track near the bleachers.

### **Spectators:**

Coaches can go out into on the course to cheer on their athletes; however, we ask parents and spectators to watch the race from the bleachers. **All coaches/athletes, please stay off the soccer field.**

**\*\*WEBSITE TO DOWNLOAD INFORMATION:\*\*** Teams will register at [www.la.milesplit.com](http://www.la.milesplit.com) and may bring payment on the day of the meet. Teams must be registered, and payment must be received by October 10th in order to receive t-shirts.

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**\*\*Dear Cross Country Coach,\*\***

Your team is invited to participate in the Louisiana State Games Cross Country Championships at the ULM's Brown Stadium on Saturday, October 25th, 2025.

The top three finishers in each group will qualify to compete in the National Congress of State Games of America during the summer of 2026. For more information about the State Games of America, please visit [www.stategames.org](http://www.stategames.org).

Coaches, if you are unable to attend, your athletes can still register as individuals and represent your school.

Medals will be awarded to the top ten finishers in each race, and certificates will be presented to the first fifteen finishers in each race. Championship and runner-up awards will be given to each division.

The entry fee is \$10.00 per individual or \$110.00 per school (for both boys and girls).

Please make checks payable to:  
Discover Monroe-West Monroe  
PO Box 1436  
West Monroe, LA 71294-1436

We encourage you to increase interest in this State Meet by sharing this information with other coaches in your area. Feel free to make copies of the enclosed information for those who may be interested.

Teams must register and send t-shirt sizes to [hwalker@monroe-westmonroe.org](mailto:hwalker@monroe-westmonroe.org) by October 10th to receive t-shirts. Schools and athletes can continue registering after October 10th, but will not receive a Louisiana State Games t-shirt.

Thank you,

Scott Bruscato

Email: [sbruscato@monroe-westmonroe.org](mailto:sbruscato@monroe-westmonroe.org)  
FAX: 318-324-1752  
PHONE: 318-387-5691  
WEBSITE: [www.louisianastategames.com](http://www.louisianastategames.com)

**LOUISIANA STATE GAMES  
CROSS COUNTRY CHAMPIONSHIPS**

**INDIVIDUAL \$10 per runner**

REGISTRATION AND RELEASE FORM

LOUISIANA STATE GAMES ELEMENTARY AND MIDDLE SCHOOL CROSS COUNTRY  
CHAMPIONSHIPS

**University of Louisiana Monroe  
Brown Stadium  
518 Warhawk Way  
Monroe, LA 71209**

Saturday, October 25<sup>th</sup>, 2025

Name: \_\_\_\_\_ School or Club: \_\_\_\_\_  
(Please print)

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

RACE DIVISIONS:

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Grade: \_\_\_\_\_

**\*\*RELEASE STATEMENT:\*\*** In consideration of my participation in the Louisiana State Games Cross Country Championships, I, on behalf of myself and anyone entitled to act on my behalf, waive and release the Louisiana State Games, Discover Monroe-West Monroe, West Ouachita High School, University of Louisiana Monroe and all affiliated members, sponsors, their representatives, and successors from any and all claims or liabilities of any kind arising from my participation in this event, even if the liability arises from negligence or carelessness on the part of those named in this waiver. Additionally, I grant permission to all aforementioned parties to use any photographs, motion pictures, videos, recordings, or other event documentation for legitimate purposes.

Parents or Coach

Signature \_\_\_\_\_

For Office only:

Date received: \_\_\_\_\_ Check #: \_\_\_\_\_ Cash: \_\_\_\_\_

**Make checks out to:**

**Discover Monroe-West Monroe**

**PO Box 1436**

**West Monroe, LA 71294-1436**

**Teams must register and pay by October 10th to receive t-shirts. Please email shirt sizes to Hollis at [hwalker@monroe-westmonroe.org](mailto:hwalker@monroe-westmonroe.org).**

**LOUISIANA STATE GAMES  
CROSS COUNTRY CHAMPIONSHIPS  
Team \$110 per School Entry**

REGISTRATION AND RELEASE FORM

**University of Louisiana Monroe**

**Brown Stadium**

**518 Warhawk Way**

**Monroe, LA 71209**

Saturday, October 25, 2025

School Name: \_\_\_\_\_

(please print)

Coach's Name: \_\_\_\_\_

(Please print)

School Phone Number: \_\_\_\_\_

Coach's Cell Phone: \_\_\_\_\_

Coach's 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 of my team's participation in the Louisiana State Elementary and Middle School Cross Country Championships, I, as the coach of this team, and anyone authorized to act on my behalf, hereby waive and release the Louisiana State Games, Discover Monroe-West Monroe, West Ouachita High School, University of Louisiana Monroe all affiliated members, sponsors, and their representatives and successors from any and all claims or liabilities of any kind. This includes any issues that may arise from my team's participation in the aforementioned program, even if such liabilities result from negligence or carelessness on the part of the individuals named in this waiver. Additionally, as the coach of this team, I grant permission to all the aforementioned parties to use any photographs, motion pictures, videos, recordings, or other event records for legitimate purposes.

Coach's Signature: \_\_\_\_\_

For Office only:

**Make checks out to:**

**Discover Monroe-West Monroe**

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

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