

# **Louisiana State Games Cross Country Championships**

*Saturday, October 22, 2022*

## **Event location:**

**West Ouachita Parish High School  
4061 Caples Road  
West Monroe, LA 71292**

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   |

**\*\*Awards for K-2 & 3-4 grades on the football field**

|                  |                     |
|------------------|---------------------|
| 5th & 6th Grades | 10:00 a.m. - 1 mile |
| 7th & 8th Grades | 10:40 a.m. - 1 mile |

**\*\*Awards for 5&6 and 7&8 on the football field**

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 go to [www.la.milesplit.com](http://www.la.milesplit.com) 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 22, 2022. There will be a registration and t-shirt pickup table inside the stadium by the fieldhouse. Registration will be ongoing until 30 minutes before your race. The entry fee is \$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 is behind the visiting team's bleachers and finishes on the track near the home side bleachers.

### **Spectators:**

Coaches can go out into the fields to cheer on their athletes; however, we ask parents and spectators to watch the race from the **football bleachers**.

**WEBSITE TO DOWNLOAD INFORMATION:** [www.louisianastategames.com](http://www.louisianastategames.com); click on Sports, Cross Country, and forms. Teams will register at [www.la.milesplit.com](http://www.la.milesplit.com) 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 at West Ouachita High School football stadium on Saturday, October 22, 2022.

The top 3 finishers in each group are eligible to compete in the National Congress of State Games of America during the summer of 2024. More information about the State Games of America can be found at [www.stategames.org](http://www.stategames.org).

Coaches, please know if you cannot 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 each race's first fifteen (15) finishers. Championship and Runner up team awards will be presented in each division. The entry Fee is \$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 other coaches in your area about the meet. Feel free to make copies of the enclosed information and pass it on to those interested.

Louisiana State Game sponsors this meet; all registered athletes will receive a *state games t-shirt*.

Thank you,

Scott Bruscato

Email: [sbruscato@monroe-westmonroe.org](mailto:sbruscato@monroe-westmonroe.org)

FAX NUMBER: 318-324-1752

PHONE NUMBER: 318-387-5691 or 318-680-0904

WEBSITE: [www.louisianastategames.com](http://www.louisianastategames.com)

**LOUISIANA STATE GAMES  
CROSS COUNTRY CHAMPIONSHIPS**

**INDIVIDUAL \$8 per runner**

REGISTRATION AND RELEASE FORM

LOUISIANA STATE GAMES ELEMENTARY AND MIDDLE SCHOOL CROSS COUNTRY  
CHAMPIONSHIPS

**West Ouachita Parish High School  
4061 Caples Road  
West Monroe, LA 71292**

Saturday, October 22, 2022

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

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

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

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

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

RACE DIVISIONS:

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

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

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, Discover Monroe-West Monroe, West 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

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

**West Ouachita Parish High School**  
**4061 Caples Road**  
**West Monroe, LA 71292**

Saturday, October 22, 2022

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 Middle School Cross Country Championships, I, as coach of this team, and anyone entitled to act on my behalf, waive and release the Louisiana State Games, Discover Monroe-West Monroe, West 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 program as mentioned above, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. As coach of this team, 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 a legitimate purpose.

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

For Office only:

**Make checks out to:**

**Monroe-West Monroe CVB**

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