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RUNNING
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BROOKS



**FOREST
PARK XC
Festival**

4th Annual **09.12.09**

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UNIVERSITY HIGH


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7:30 am Open Race 4k
8:10 am Junior Varsity boys 5k White Division
8:45 am Junior Varsity boys 5k Green Division
9:20 am Junior Varsity girls 4k White Division
9:55 am Junior Varsity girls 4k Green Division
10:30 am Varsity boys 5k White Division
11:00 am Varsity boys 5k Green Division
11:30 am Varsity girls 5k White Division
12:15 pm Varsity girls 5k Green Division
12:40 pm Freshman boys 3k
1:00 pm Freshman girls 3k
1:25 pm Middle School boys 2k
1:40 pm Middle School girls 2k
2:00 pm AWARDS CEREMONY

Participating Schools

Affton	Lutheran High School - St. Peters	St. Joseph's Academy
Branson	Lutheran South	St. Louis University High School
Cape Girardeau Central	Marquette (St. Louis)	St. Mary's
Christian Brothers College High School	Marquette University High School (WI)	Thomas W Kelly
Chaminade	McCluer	Timberland
Clayton	McCluer North	Sullivan
College Heights Christian	McCluer South Berkeley	Ursuline
Cor Jesu Academy	Mehlville	Valley Park
DeSmet	Mexico	Villa Duchesne
Eureka	Mary Institute and St. Louis Country Day School	Visitation
Farmington	Nerinx Hall	Waynesville
Festus	Normandy	Westminster Christian Academy
Fort Zumwalt East	North County Bonne Terre	Windsor
Fort Zumwalt South	Notre Dame (Cape Girardeau)	
Fort Zumwalt West	Notre Dame Academy (KY)	
Francis Howell	Notre Dame (MO)	
Francis Howell Central	Parkview	
Francis Howell North	Parkway North	
Glendale	Parkway South	
Hazelwood Central	Parkway West	
Hazelwood East	Pattonville	
Herculaneum	Poplar Bluff	
Houston High School (TN)	Potosi	
Incarnate Word Academy	Principia	
Jackson	Priory	
Jefferson City	Ritenour	
Jennings	Rock Bridge	
John Burroughs	Rockhurst	
Kickapoo	Rosati Kain	
Ladue	St. Charles West	
Lebanon	St. Clair	
Lee's Summit North	St. Dominic	
Lindbergh	Ste. Genevieve	

Middle Schools:

Cape Girardeau Central
 Farmington
 Festus
 Herculaneum
 Jackson
 Jefferson R-7
 North County Bonne Terre
 Potosi
 Sullivan
 Valley Park



Course Description:

The Forest Park Cross Country Festival course is a spectator-friendly European-Style loop course designed to give fans a great view of the action. The course contains a 2k outer loop as well as a 1k inner loop.

5k:
 The runners run the 2k outer loop once, then the 1k inner loop and then the 2k outer loop once again.

4k:
 The runners run the 2k outer loop twice.

3k:
 The runners run the 2k outer loop followed by the 1k inner loop.

2K:
 The runners run one 2k outer loop.

Welcome to the fourth edition of the Forest Park Cross Country Festival! Each year we have a great set of sponsors that step up to make a meet of this size possible and we would like to thank Brooks, GO! St. Louis, Drury Hotels, SLIR, and Noodles and Company for joining us in 2009. A special thanks to Big River Running Company as well. It is the vision and hard work of the guys at Big River and the coaching staff at St. Louis University High School that have made this meet what it is. This year's event will feature 150 teams from more than 85 schools. The Festival has truly become one of the best meets in the Midwest with schools from Kentucky, Tennessee and Wisconsin joining schools from all over the State of Missouri.

Top girls schools include Eureka, Herculaneum, Lee's Summit North and the top two teams from last year's meet; Jefferson City and Kickapoo. Top individual contenders for the girls Green Division title include Grace Bridwell, Sadie Darnell, Brianna Heikkinen, Taylor Hynes and Krista Menghini. Menghini, a three-sport star, will be making her first appearance at the Festival after two years of playing volleyball in the fall. Keep an eye on the course record of 18:41.9 set back in 2007 by Ladue's Natalie Todd. It could be in jeopardy.

On the boys side look for two-time defending meet champs SLUH to be the favorite once again. Ranked among the top 20 teams in the Nation they are coming off a dominant win at the First Capitol Invitational a week ago. Their biggest challenges may be coming from out-of-town in the form of Houston (TN) and Marquette (WI). Look for SLUH's Caleb Ford to try and become his school's first individual Festival Champion against an absolutely loaded field led by two of the Nation's top juniors; Daniel Everett and Caleb Hoover. Other contenders include Alloch Burton, Elliot Iberg, Alex Mason David McAdams, Wynn McClellan and last year's runner-up Danny Thater.

COURSE RECORDS

Boys 5k Course Record - 15:28.30 * Josh Thebeau, Potosi, 2006
 Girls 5k Course Record - 18:41.8 Natalie Todd, Ladue, 2007
 Freshman Boys 3k Course Record - 10:20.1 Daniel Raterman, SLUH, 2007
 Freshman Girls 3k Course Record - 12:09.2 Claire Minnick, Nerinx Hall, 2008
 Middle School Boys 2k Course Record - 6:40.1 Billy Leighton, Cape Central, 2008
 Middle School Girls 2k Course Record - 7:41.9 Sarah Jacobsen, Potosi, 2008
 Open Race 4k Mens Course Record - 12:44.0 Tim Bradley, 2007
 Open Race 4k Womens Course Record - 13:48.3 Elizabeth Knight, 2007

* = converted time from 2006 (course was shortened so EMT's could attend to a runner from the previous race)