



DISTRICT VI

Cross Country Championships

SATURDAY, OCTOBER 28th, 2017

FOREST HILLS MS – 9AM Course Review

The Course: A 5,000-meter grass course with excellent footing and minor variations in elevation.

Race Day Schedule of events:

9AM – Course Review

9:30AM – Coaches' Meeting

10AM - **A Girls**

*All subsequent races will follow **IMMEDIATELY** in this order:*

Race 2 - **AA Girls**

Race 3 - **AAA Girls**

Race 4 - **A Boys**

Race 5 - **AA Boys**

Race 6 - **AAA Boys**

Race 7 - **Unseeded Girls & Boys** (combined)

The clock shall be stopped at 25 minutes in each Boys race and at 30 minutes in each Girls race.

Facilities: The locker rooms and restrooms will be available until the end of the meet. Athletes should remain in areas of the Forest Hills Middle School that have been designated for them by the Forest Hills School District.

Entries: Team registration will once again be online this year at www.milesplit.com. Each school may enter (7) participants in each Varsity race. We will also offer an Unseeded Boys and Girls **combined** race. Unseeded entries are unlimited and Seniors are permitted to run in this race. Schools may not enter the Unseeded race without entries in the Varsity contest.

THIS IS A PAPERLESS MEET – ALL PARTICIPANTS MUST BE ENTERED ONLINE

Entry deadline is Monday, October 23rd at 11:59pm

- Chip Timing: Provided by Gingerbread Man Running Company
- Awards: Presentation will take place outside (weather permitting) or in the MS Gymnasium at the conclusion of the Unseeded race.
-**1st Place Team** in all classifications (Trophy)
-**Top 10** finishers in each classification (Medals)
-**Top 7** finishers (Unseeded Race) in each classification (Medals)
- Scoring: Standings will be decided according to convention – the lowest aggregate score of the first five (5) runners of each team.
- Results: Will be posted at the conclusion of each race.
Each team will be provided with hard copies of meet results at the conclusion of the event.
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Entry Fee: \$10 per participant entered in the Varsity and Unseeded races. If you have three (3) or less runners, you owe a flat fee of \$30 per team per school.

Checks are payable to **PIAA District 6** and should be mailed to:

FOREST HILLS ATHLETICS

Joe Gironda, D6 XC Chairman
535 Locust Street
Sidman, PA 15955

*You may also bring your check on Race Day

