

A-AA Region IV

Regional Cross Country Meet Information 2011

Location Camp Virgil Tate, Sissonville

Date Thursday, October 20, 2011

Schedule

2pm A-AA Region IV Girls
2:45pm A-AA Region IV Boys
3:20pm A-AA Awards

Regional Meet and State Meet Qualification Standards

1. In the Regional Meet, you may enter up to 10 runners, but can run only 7 maximum at the regional race. As always, please try to bring at least 5 runners to make a full team, so each region may send as many teams as possible to states.
2. The top 10 individuals in each race will automatically qualify for the State Championship Meet.
3. Then based on the number of complete teams that start the regional race, the following number of teams advance to the State Meet: 1-3 complete teams = 1 team, 4-6 complete team = 2 teams, 7-9 complete teams = 3 team, 10 or more teams = 4 teams.

Entry Method

All regional entry runners, up to 10, MUST be submitted by EMAIL to scottwelch34@yahoo.com by Monday October 17th midnight due to our recent negative experience with timetoenter. You can submit the names through TimeToEnter, but you will be required to confirm them via email.

Awards

- ▶ Teams 1st & 2nd place plaque and 2nd trophy
- ▶ Individuals 1 - 10 medals

Spectator Admission Fee

- ▶ The SSAC requires a spectator admission fee of \$6 per adult, \$5 per student.
- ▶ Please inform your parents and fans that this is a SSAC required fee, and NOT initiated by the hosting school
- ▶ The admission fees help cover the cost of the medals and trophies NOT provided by the WVSSAC, Camp Virgil Tate's rental fee, water & fruit for the runners and other expenses. Therefore, there is NOT an entry fee for your team(s) to run.

Concessions will be available, including chocolate milk.

Any Questions, please contact

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