

## **Region IV AAA Cross Country Championship**

Where: Cabell Midland High School

When: Thursday (October 24<sup>th</sup>)

Time: 5:00pm Girls Race  
5:45pm Boys Race

Entry fee: Free

Entry: All entries must be submitted on [www.timetoenter.com](http://www.timetoenter.com). Only enter 10 runners per team. Only 7 runners can compete, while the other 3 runners will serve as your alternates.

**Entry deadline is Tuesday by 9:00pm**

**Any questions on entry, contact Matt Lucas at [mlucas1215@gmail.com](mailto:mlucas1215@gmail.com)**

Awards: Top 10 individuals  
Team Champion Plaque

Qualifiers: Individuals - Top 10 inclusive  
Teams - 1 team = 1 team, 2-5 teams = 2 teams, 6-9 teams = 3 teams,  
& 4 or more = 4 teams qualifying.

Tent City: For this meet, Tent City will be located in the Shot/Discus area closer to stadium.

Any questions, contact Chris Parsons at [coachparsons@yahoo.com](mailto:coachparsons@yahoo.com).

We will see you Thursday and the best of luck to every team.

Coach Parsons

