



REGION I AAA XC CHAMPIONSHIP

When: Thursday, October 23rd, 2014

Where: The **Region I AAA XC Championship** will take place at Preston High School in Kingwood, WV. The course is challenging with a mixture of flats, meadows, hills, and wooded trails. The course starts and finishes inside “Knights Stadium” and is very viewer friendly.

Event Schedule:

5:00 p.m. - Varsity Boys Championship Race (5000 Meters)
5:45 p.m. - Varsity Girls Championship Race (5000 Meters)
6:15 p.m. - Awards Ceremony

Awards: The top ten individuals in the varsity high school races will receive medals courtesy of Preston High School. The winning boys and girls varsity teams will receive regional championship plaques supplied by the W.V.S.S.A.C.

State Meet Qualification Standards: Each region will qualify 20% of the number of contestants that start the regional race to the state meet. This number is inclusive of those individuals that are on a qualifying team. A minimum of ten individuals will qualify from each region. In Region I AAA, the maximum number of individual qualifiers will be eleven due to our region only having eight teams (56 possible runners x .20 = 11.2). A total of 53 runners will need to start the race in order to get eleven athletes to qualify individually.

In addition to the individual qualifiers, the following number of teams that start the regional race will qualify for the State Championship: 1 complete teams = 1 team, 2-5 complete teams = 2 teams, 6-9 complete teams = 3 teams, 10 or more teams = 4 teams.

Concessions: Light concessions will be available on site as well as the official **Region I AAA XC Championship** T-shirt. T-shirts will be available in a wide variety of colors.

Admission Fee: There will also be an admission fee for spectators of \$6.00 for adults and \$5.00 for students. This fee is set by the W.V.S.S.A.C.

Entry Method: All schools must enter their athletes using www.racetimeentry.com . Faxed or mailed entries will not be accepted. Complete instructions on how to use racetimeentry.com can be found on the site. Electronic entries must be received by 3:30 p.m. on Monday, October 20, 2014. Coaches are asked to enter ten individuals (seven varsity runners and three alternates) per race.

Contact Info: If you have any questions, please contact Coach Paul Martin via one of the methods below.

Coach Paul Martin
Preston High School
School Phone: (304) 329-0400 ext. 365
Mobile Phone: (304) 290-3772
Email : prestonrun@gmail.com