

## REGION III AAA CHAMPIONSHIP

- Date:** Thursday, October 23, 2014
- Place:** Greenbrier East High School, One Spartan Lane, Lewisburg, WV 24901
- Schedule:**
- |            |                 |
|------------|-----------------|
| 11:00 a.m. | Course Opens    |
| 12:30 p.m. | Coaches Meeting |
| 1:00 p.m.  | AAA Boys        |
| 1:45 p.m.  | AAA Girls       |
| 2:45 p.m.  | Awards Ceremony |
- Awards:** Medals for Top 10, WVSSAC Plaque for Top Team, 2<sup>nd</sup> Place Trophies Girls & Boys
- Entry Fee:** \$15 per school to cover cost of meet expenses
- Rosters:** Enter your top 10 runners/team (Only 7 may run/team) with grade level/class
- Entry Deadline:** **Mandatory Entry on RaceTimeEntry.com by 11:00 p.m. on Thurs, Oct 16<sup>th</sup>, 2014.**
- Course:** The 5K course is located at Greenbrier East High School. Course consists of grass, woods, hills, gravel, and track. It is very spectator friendly allowing you to see most of the race. Runners will finish on the track and spectators may sit on the bleachers.
- Qualifying:** Individuals: 20% of the Total number of runners that start the race (ex. 70 runners start, 14 qualify).  
Teams: 6-9 Teams starting race – 3 Teams Qualify; 10+ Teams start – 4 Teams Qualify
- Spectator Fee:** Please inform parents there will be an admission fee of \$6.00 for adults and \$5 for students per WVSSAC policy. Only WVSSAC cards will be accepted for free admission. Please do not park at the school as busses will not be able to get through. You may be towed from the school parking. Please follow signs for parking at the state fair parking area.
- Directions:** Take I-64 East to exit 169. At the bottom of the ramp, Turn Right onto Rt 219 S. Follow Rt 219 South approx. 2 ½ miles until you reach the State Fair Parking area on the Right. Follow signs. **Due to the end of day bus traffic, PLEASE DO NOT PARK AT THE SCHOOL.**
- Busses:** Park School Busses in the State Fair Parking Area. A volunteer will assist you.
- Facilities:** There are restrooms under the stadium bleachers and in the State Fair Parking area. See map. You may bring a team tent. Please set up in designated areas. Please pick up all trash.
- Shirts:** Regional shirts will be available for purchase at \$15.00 each.
- Hotels:** Hampton Inn, 30 Coleman Drive, Lewisburg, WV 24901 Reservations: 304-645-7300  
10% Discount Code: *Regional Cross Country* Oct 22<sup>nd</sup> and 23<sup>rd</sup> only.  
FairField Inn, 278 Coleman Drive, Lewisburg, WV 24901 Reservations: 304-645-7999  
10% Discount Code: *Regional Cross Country* Oct 22<sup>nd</sup> and 23<sup>rd</sup> only.  
Quality Inn, 540 N Jefferson Street, Lewisburg, WV 24901 Reservations: 304-645-7722  
10% Discount Code: *Regional Cross Country* Oct 22<sup>nd</sup> and 23<sup>rd</sup> only.
- Contact:** Coach Jerry Long at [jlong889901@yahoo.com](mailto:jlong889901@yahoo.com)