**3A Region D Cross Country Championship Meet 2018**

Hosted by Alleghany High School  
October 30, 2018

**Site of Meet:** Jackson River Sports Complex

870 W Edgemont Dr. Covington VA 24426

**Directors**: Jeremy Bartley (304.952.8007), Karen Staunton (540.863.1800) [Kstaunton@alleghany.k12.va.us](mailto:Kstaunton@alleghany.k12.va.us)

**Preview Meet:** Alleghany Invitational September 29 <http://va.milesplit.com/meets/303056/info#.W1h_NtJKjIU>

**If you and your team will be attending please register on Milestat.com**

All Registration will be done on Milestat.com

**Meet Schedule**

2:00 Course Opens

3:30 Coaches Meeting at the Amphitheater

4:00 Boys Championship Race

4:30 Girls Championship Race

5:00 JV Race (no numbers or official results)

Awards to follow

**Timing:**

**The meet will be chip timed by Run Roanoke**

**Scoring and Uniforms**  
We will follow the NFHS Rules Book for Scoring and Uniforms. See the NFHS T&F/XC rules book if you need. Spikes are recommended for this course.

**Submitting Entries**  
All entries will be done through milestat.com.   
  
**ALL ENTRIES ARE DUE BY Saturday, October 27.**   
  
Information for registering online can be found at [www.milesplit.us/pages/Online\_Meet\_Reg\_Instructions](http://www.milesplit.us/pages/Online_Meet_Reg_Instructions).  
  
**Awards**: Awards will be presented as follows:

Top boy’s and girl’s team

Certificates to the top 15 finishers in each race

**State Meet:**

The top 3 teams will progress to the 3A State meet

The top 5 individuals not on these teams will advance to the 3A State meet

Coaches will enter their team or individuals online on milestat

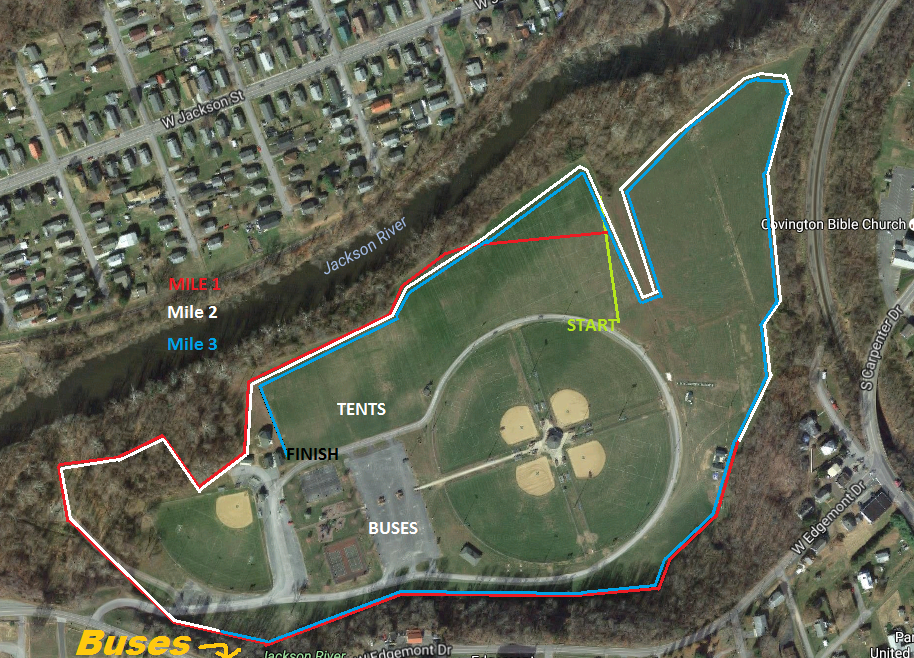
The VHSL State Entry form paper copy should be emailed or given to Coach Jeremy Bartley at [jbartley1@alleghany.k12.va.us](mailto:jbartley1@alleghany.k12.va.us)

State entry form: <https://www.vhsl.org/cross-country/> click under Resources.

**Results**  
Will be posted at the meet and will be sent to Milestat.com.  
  
**Concessions**  
Gatorade, Water, Fruit, Snacks, and lunch items will be available for purchase.

**Multiple Restrooms will be available on site**  
  
**Team Area**  
Teams will have a designated area. We ask that everyone be respectful of our host site and clean up after ourselves when we leave (trash bags will be provided).  
  
**Water Coolers will be available for athletes before and after the race.**  
 **Directions to Jackson River Sports Complex**

**From the East:** I-64 West to Exit 14 in Covington. Take a right and travel 1 mile on S. Durant Road/Jackson Street. Take a left on S. Rayon Drive and cross a bridge over the Jackson River. After bridge, road veers to the left and Jackson River Sports Complex will be on the left. The Sports Complex is 1.4 miles off of I-64.  
**From the West:** I-64 East to Exit 14 in Covington. Take a right and travel 1 mile on S. Durant Road/Jackson Street. Take a left on S. Rayon Drive and cross a bridge over the Jackson River. After bridge, road veers to the left and Jackson River Sports Complex will be on the left. The Sports Complex is 1.4 miles off of I-64.  
  
**Parking Information**  
Parking will be available on site. There will be a $5.00 fee per vehicle Spectator Fee (team buses and vans exempt). Buses can park in the bus lot, if the lot is full, busses can drop teams off at the Sports Complex and then park at Jackson River Enterprises at the park entrance.

  
  
**QUESTIONS**  
Please contact Jeremy Bartley  
Email: jbartley1@alleghany.k12.va.us  
304.952.8007