**Jefferson District Cross Country Championship Meet 2019**

**Date of Meet:** Wednesday, October 23rd, 2019

**Site of Meet:** Pleasant Grove XC Course, Palmyra, VA

**Directors:** Scott Morris (434-510-1913), Tom Casto (434-796-7996)

Rose Brogan (804-380-2637), Melanie Kennedy (434-249-8358)

**Time Schedule:**

**1:00** Course opens

**2:00** Coaches meeting under the barn

**3:00** Girls Championship Meet

**3:45** Boys Championship Meet

**4:15** Girls Open Race

**5:00** Boys Open Race

**5:45** Awards

**Entry Information:** Entries are due by 11:59pm on Monday, October 21st

* Entries will be done online through Milestat. Please enter all athletes that may run in the meet. It is easier to have the names in the computer ahead of time even if they don’t actually run in the meet.
* Following the closing of entries on Monday, October 21st. Each coach will receive an email of their entries on a performance list.
* Coaches will need to confirm their entries are correct **and declare which 7 runners will compete in the championship race and which 3 runners will be alternates**. Coaches are asked to use the VHSL championship entry form to declare their 10 runners. This form can be found online at VHSL.org. It is under the resource section for Cross Country. Confirmation and declaration of the 10 athletes needs to be emailed to Tom Casto at [tcasto@apps.fluco.org](mailto:tcasto@apps.fluco.org) by 9:00pm on Tuesday, October 22nd.
* Bib numbers will be assigned to the 10 declared runners. Any 7 of the 10 can run in the championship race. The other 3 can run in the open race using their assigned bib number.
* For the non-declared runners in the open races, please write their race number from the performance list on the back of their right hand using a sharpie marker. We will have sharpies available at the meet. Please write the number on their hand before their warm-up so that it is easy to read. The alternates may also run in the open race using their assigned bib or by writing that bib number on their right hand.
* At the end of each race, finishers are to proceed through the chute to have their race numbers recorded in the order of finish. If an athlete is unable to proceed through the chute, please have a coach walk through the chute in that position with the race number. It is very important that athletes stay in order through the chute to get the times to match up with each finisher.
* Championship finishers will also receive an index card with their corresponding finishing place. Coaches are asked to collect these index cards and write the name of the athlete and school name on it. Please turn in all 7 cards in as soon as possible at the finish line.

**Awards:**

* Awards will be announced at the stage area after the final race
* Team trophies will be awarded to the first place teams (boys and girls) and the 2nd place teams (boys and girls) in the championship race
* Ribbons will be awarded to the top 15 finishers in the championship race
* No awards will be given for the open races

**Parking:**

* Buses are to park in the front field. Teams will need to walk back to the start finish area near the barn.
* Spectators will also park in the front field.
* Handicapped persons needing to park closer to the start finish area should ask the parking attendants and they will be allowed to park in the parking lot behind the Pleasant Grove House Museum.

**Admission:** $7.00 per spectator

Passes accepted: VHSCA, VHSL, VIAAA, VATA

**Tents:** Team tents will be allowed on the grassy area between the barn and the tree line near the stage. Be certain to stay back from the course.

**Trainer:** Sara Miles, our school trainer, will be onsite to provide assistance. She will be located near the start/finish area. A water station will be available by the exit of the finish chute.

**Results:** Results will be available for each team once the final race is completed. Results will also be posted on milestat.

**Concessions:** Concessions will be available at the meet. Concessions will be set up in the barn.

**T-Shirts:** T-shirts will be available for sale near the concession stand. The T-shirt vendor will also be located in the barn.

**Region 3C:** The top two(2) 3C teams will progress on to the Regional Championship Meet along with the top 6 Region 3C finishers excluding those on the two top 3C teams.