

Regional Cross Country Meet

Region 2

October 26, 2015

Location: Sherrod Park, E North 10th & Cedar Crest Dr. , Abilene

Official Time: All times are central standard time. Official time can be determined at www.time.gov/

Order of Race:

Girls 1A 9:00 am

Boys 1A 9:45 am

Race Lengths: 1A Girls will run approximately 2 miles (3200 meters).
1A Boys will run approximately 3 miles (5000 meters).

Regional Entries: **COACHES MUST REGISTER their RUNNERS on line at www.athletic.net**
Certification: **District Results / Regional Qualifiers** must be emailed or faxed immediately after their district meet by each district meet director to...



**Randy Martin... email; randy.martin@abileneisd.org
fax; (325)794-1388**

The Deadline for regional entries is... Wednesday, October 21st by 5:00 pm

Qualifiers: The top three teams and the top ten individuals shall qualify from district. Additional individuals **may not** be moved into the top 10 qualifiers if any of the first 10 qualifiers are also on a team. Substitutions **may be** made on a team which has qualified for the regional meet. **NO Substitutions** for runners who qualified as an individual, but whose team did not qualify. **Sunday:** all spelling corrections and substitutions shall be made at packet pick up. **Monday:** all substitutions shall be made on the computer at the finish line.

Runner Fees: **\$25 fee per runner...** Please mail all checks payable and mail to...
ABILENE ISD ATHLETICS
241 Pine Street
Abilene, TX 79601

ALL FEES MUST BE RECEIVED and paid in full prior to a school receiving their race packets and being able to compete. **All schools and districts paying for multiple high schools** should indicate the schools and amount for each school on the check stub or an attached sheet. To help assure fees are received, it is suggested that after **Tuesday, October 20th** schools should hand carry fees to the packet pick up and not rely on the mail to get it to Abilene ISD on time.

Race Packet Pick Up: Race packets will be available at Sherrod Park, E North 10th & Cedar Crest Dr. **Sunday:** fees may be paid and race packets picked up at the park, 4:00 pm -- 6:00 pm.
★ **Note; race bibs may not be available until Monday Morning! Schools may choose to pay fees and receive regional certificates on Sunday and then pick up their race bibs Monday morning.**
Monday: schools may pick up their packets beginning one and a half hours prior to their scheduled race.

- Meet Director:** **Regional Meet Director, Randy Martin, has full authority for management of the meet!**
All questions regarding management and technical conduct of the meet can be directed to...
Randy Martin... email: randy.martin@abileneisd.org
cell: 325-665-6079
- Block Assignment:** Schools are randomly assigned a block number from which they shall stage and start the race.
Block numbers are reflected on the tag appearing on the front of a school's packet.
Block # 1 is nearest the course...block # 32 is nearest the street.
- Timing Chips Race Numbers:** Timing chip will be incorporated into the race-bib / race number. Race numbers are in race packet.
Race number must be visibly displayed and each corner pinned to the front of the jersey.
Alternates are not assigned race numbers and they may not participate in any race.
- Equipment/Uniforms:** Runners may not wear caps, toboggans or headbands.
UIL rules will apply to uniforms worn by athletes.
In the case of inclement weather the meet referee MAY approve the above items or other equipment or apparel.
- Parking:** ***NO parking inside of Sherrod Park!** Busses (**only**) may park along the north side of E North 10th from Cedar Crest to the bridge, or on Cockrell St before housing begins. Suburbans and cars may park in parking lots around Sherrod Park or along the streets.
- Sunday Practice:** **Sunday Morning UIL Restriction;** The course is closed to students (walking / running) until **noon**.
- Coaches Meeting:** **There will be a coaches meeting at 8:00 am on Monday to go over any last minute scratches, start, finish results and state meet entry.**
- Monday Warm Up:** **Monday: at 8:45 am, the course is closed.** Afterward runners may not warm-up on the regional course. Schools may not mark the course in any fashion; violators will be subject to disqualification.
- Report Time:** All runners should report to the area behind the starting line a minimum of 15 minutes prior to their event and must be ready to run at the scheduled time.
- Chute Procedures:** Each runner should run through the finish line and down the entire length of the chute.
Timing chips & runner bibs are disposable and will not be collected in the corral.
- Awards Ceremony:** The awards ceremony for girls and boys will take place at the top of the hill approximately 30 minutes after the boy's race is certified. Awards are presented through the top 10 finishers and the top 3 teams.
- Trainers:** Certified trainers will be available near the starting line, and the finish line.
Coaches and parents should observe any runner with a history of health issues throughout the race.
- Spectators:** Spectator must stay off the race course as marked and away from the starting line and finish line.
- Regional T-Shirts:** Commemorative t-shirts will be available for purchase at Sherrod Park **Sunday afternoon and Monday**.
- Restroom Facilities:** There are no public restrooms available in the park!
Chemical toilets are located near the starting line.

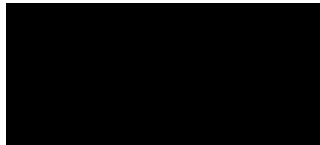
**Regional
Information:**

District results / regional qualifiers and coaches reports should be emailed or faxed to...

**Randy Martin... email: randy.martin@abileneisd.org
fax: 325-794-1388
cell: 325-665-6079**

Appreciations:

**Special thanks to Abilene ISD, Your Ideas and
Abilene Christian University for their support of the regional meet!**



Results should be available on race day at...

www.liverunningresults.com