

Conference 1A-6A Region 1

Cross Country Meet Handbook

Date: Monday & Tuesday, October 23-24, 2023



Location: Mae Simmons Park
2004 Oak Ave, Lubbock

 Mae Simmons Park



Meet Director: Mike Meeks
O 806-219-0102
M 806-239-4791

Lubbock ISD
mike.meeks@lubbockisd.org



Regional Director: Tommy Simmons
Office 806-742-2350
Mobile 806-549-7773
Email tommy.simmons@ttu.edu

Texas Tech University
Box 45035
Lubbock, TX 79409-5035

Official Time: All times are central standard time. Official time at: Time.gov

Schedule: Monday October 23, 2023

5A Girls	9:00 AM	5A Boys	9:30 AM
1A Girls	10:30 AM	1A Boys	11:00 AM
3A Girls	12:00 PM	3A Boys	12:30 PM

Schedule: Tuesday October 24, 2023

6A Girls	9:00 AM	6A Boys	9:30 AM
2A Girls	10:30 AM	2A Boys	11:00 AM
4A Girls	12:00 PM	4A Boys	12:30 PM

Race Length: 1A, 2A, 3A, 4A, Girls will run 2 miles (3200 meters)
Boys Divisions, and 5A & 6A Girls will run 3 miles (5000 meters)



Region I Cross Country Championships

Coach's Report

* Coaches must register runners at [DirectAthletics](#)

* Coaches must complete this form and return by email tommy.simmons@ttu.edu

Confirmation of receipt of each schools' entry will not be possible.

Girls

Conference 1A 2A 3A 4A 5A 6A

Boys

District 1 2 3 4 5 6 7 8

School _____

Coach _____ Cell Phone _____

Email _____ Ofc Phone _____

Please Print in Alphabetical Order

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Please email this form (not fees) by **5:00 pm, Tuesday, October 17, 2023**

★ District Meet Directors

Certification: District Results / Regional Qualifiers

Please email all qualifiers to Regional Director ASAP following the District Meet tommy.simmons@ttu.edu

Regional Entries: Coach's entries will be made on www.directathletics.com

Deadline for entries on Direct Athletics: 5:00 PM - Tuesday, Oct. 17, 2023

- If you do not have an account on Direct Athletics you will need to create one.
- Schools will be issued race numbers at \$25.00 each.
- Do not register alternates.

Please make certain to:

- Register your qualifiers in Region 1
- Register in the correct classification (1A - 6A)
- Register the boys in the boys and the girls in the girls races
- Make sure that all names are spelled correctly

Runner Fees: \$25 fee per runner.

Mail checks to: Texas Tech UIL
Box 45035
Lubbock, Texas 79409-5035

ALL FEES must be paid in full when packet is picked up or by invoice. CREDIT CARDS WILL BE ACCEPTED. **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 Monday, October 17th schools should hand carry fees to the packet pick up and not rely on the mail for timely receipt.



Qualifiers:

- The top three teams from each district.
- The top ten individuals from each 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.**

UIL Race Course Restriction:

- The entire race course is CLOSED on Sunday morning until noon.
- Course is open Sunday and Monday afternoon.
(after competition on Monday)

Substitutions: 1A, 3A, 5A

- Sunday, spelling corrections and substitutions - at packet pick up.
- Monday: all substitutions can be made at the finish line.

Substitutions: 2A, 4A, 6A

- Monday, spelling corrections and substitutions - at packet pick up.
- Tuesday, all substitutions can be made at the finish line.

Race Day Results Posted on Race Day:

[MCT: UIL Region I Cross Country Championships 2023](#)

T-Shirts and Merchandise:



Meet Officials & Staff Meals Provided by: Lubbock Sports



Race Packet Pick Up Race:

- Packets will be available at the school's west entrance at 24th & Oak Avenue.

Sunday: **Fee Payment and Packet Pick Up**
 1A, 3A, 5A: 4:30-6:00 PM

Monday: **Fee Payment and Packet Pick Up**
 5A - 8:00 AM
 1A - 9:00 AM
 3A - 10:00 AM

Monday: **Fee Payment and Packet Pick Up**
 2A, 4A, 6A: 4:30-6:00 PM

Tuesday: **Fee Payment and Packet Pick Up**
 6A - 8:00 AM
 2A - 9:00 AM
 4A - 10:00 AM

Block Assignments:

- 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 hill. Block # 32 is nearest to the water.

Race Numbers / Timing Chips:

- Timing chips are incorporated into the race-bib / race number. Race numbers are in the 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. **ALL RUNNERS MUST COMPLETE THE RACE WITH A BIB NUMBER**

- **Uniforms:**
- Each competitor must wear a school issued track top and bottom or one-piece uniform and be of the same color and design per the NFHs specifications.
- Bare midriffs are not allowed for participants.
- Any visible garments worn underneath the uniform top and/or bottom is considered a foundation garment.
- Foundation garments are not subject to logo/trademark/reference or color restrictions.
- Additional restrictions for relay teams and cross country teams:
 - All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as uniform that members are from the same team.
- The official should be able to identify all members from a team.
- Closed leg briefs are acceptable for girls, however high-cut apparel cannot be worn.

Race Day Warm Up:

- Warm Up Beginning at 8:45 am - the course is closed!
- Afterward runners must remain off the course and 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 will take place in the school gymnasium at the top of the hill approximately 30 minutes after each race is certified.
- Awards are presented through the top 10 finishers.



Trainers:



- Certified trainers will be available near the starting line, the finish line and north of the bridge.
- Coaches and parents should observe any runner with a history of health issues throughout the race.

Spectators:

- Spectators must stay off the race course as marked and away from the starting line and finish line.

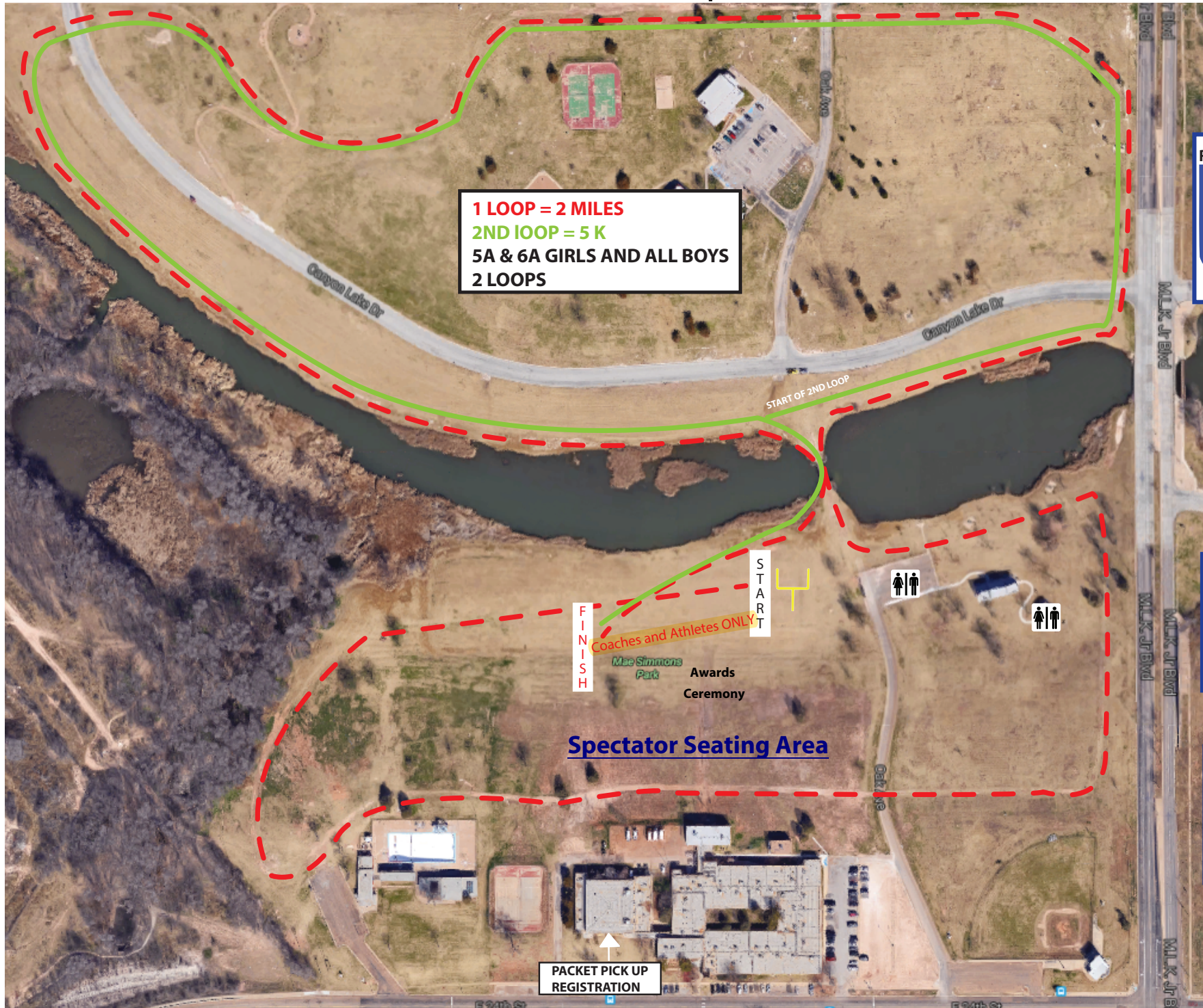
Monday and Tuesday School Classes:

- Please be aware there are classes being held in the host school on Monday.
- Be considerate of others in and around the school building and when parking.

Restroom Facilities:

- **There are no public restrooms available in the school or gymnasium!**
- Chemical toilets are located near the starting line and near the gymnasium at the top of the hill.
- Indoor restrooms are located at the bottom of the hill east of the pavilion.

Course Map



1 LOOP = 2 MILES
2ND LOOP = 5 K
5A & 6A GIRLS AND ALL BOYS
2 LOOPS

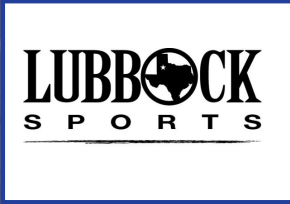
FINISH
START
Coaches and Athletes ONLY
Mae Simmons Park
Awards Ceremony

Spectator Seating Area

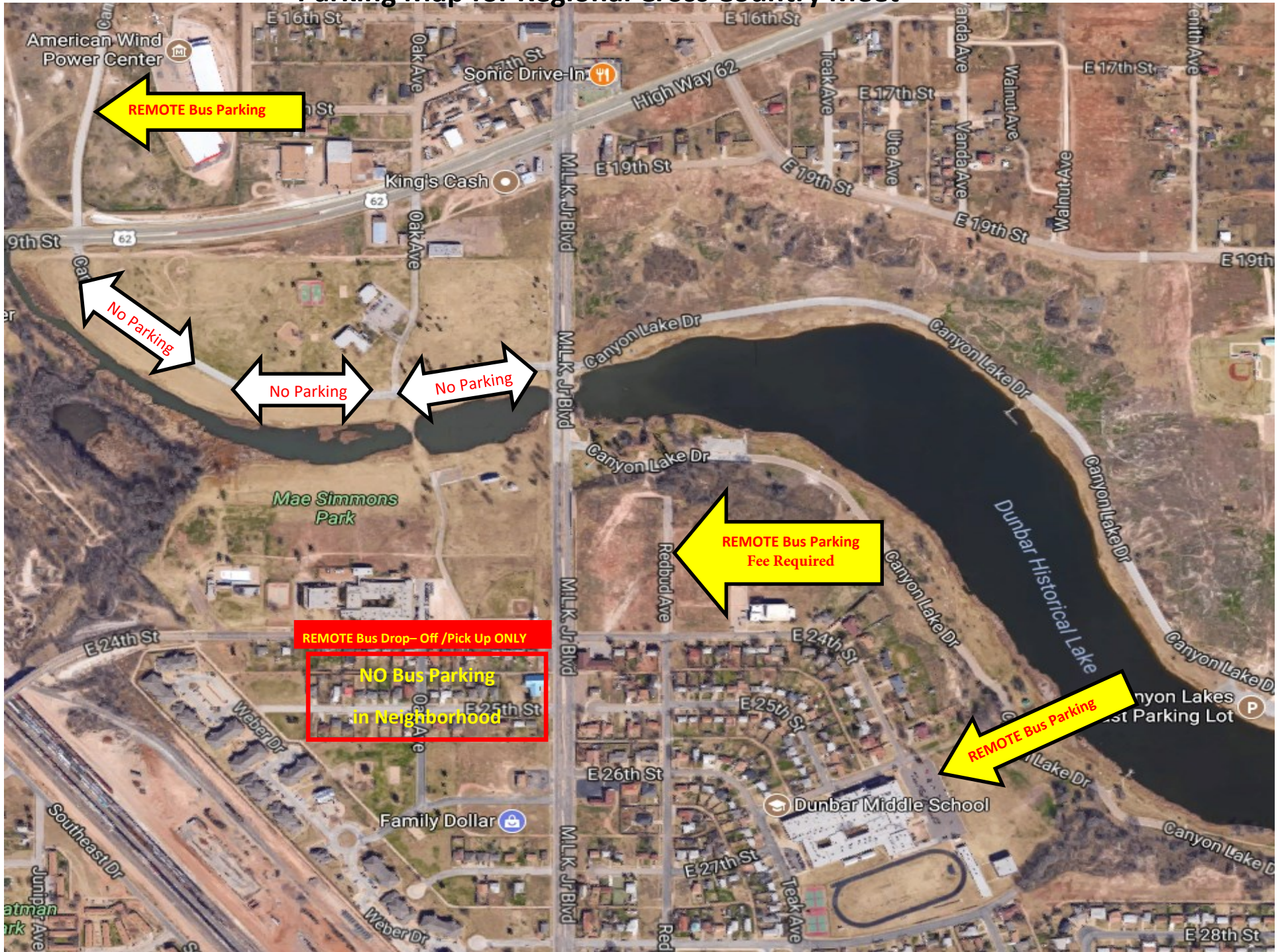
PACKET PICK UP REGISTRATION

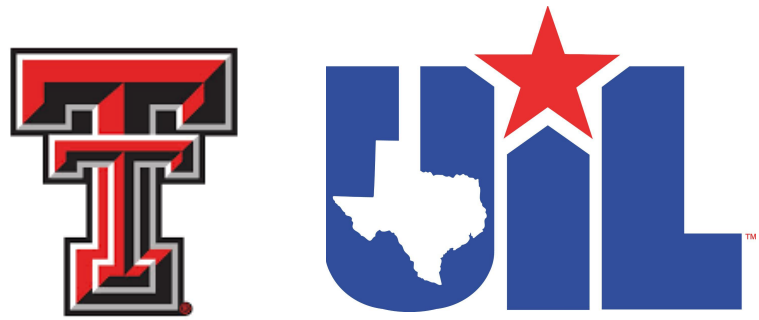


MAE SIMMONS PARK
LUBBOCK TEXAS



Parking Map for Regional Cross Country Meet





BOOK YOUR ACCOMMODATIONS NOW

www.mcmelegante.com

Call Janie Zuniga:

806-740-9960

janie@mcmelegante.com



**801 Ave Q
Lubbock, Texas 79401**

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