



# Regional Cross Country Championships

Saturday, October 29th, 2016 - Time Schedule

Race	Time		Race	Time
Division III Boys	11:00 AM		Division III Girls	1:30 PM
Division II Boys	11:45 AM		Division II Girls	2:15 PM
Division I Boys	12:30 PM		Division I Girls	3:00 PM

• **Course:** The course is mostly grass with two pavement crossings. The terrain ranges from flat to gradual upgrades with one short, but steep hill. Approximately 1,200 meters of the course is wood chipped trail through a wooded area. 1/4 to 3/8 inch spikes are recommended.

• **Eligibility and Rules:** Refer to the OHSAA website at <http://www.ohsaa.org>. **The team coach or faculty representative must accompany your school's qualifiers.** All OHSAA rules and regulations apply to dress, participation, and conduct.

• **Recreational Equipment, Pets, and Site Regulations:** Recreational equipment such as Frisbees, footballs, etc. and pets will not be permitted at the meet site. Radios will not be permitted at the meet site. No smoking is permitted on the school property. **PETS ARE NOT PERMITTED AT REGIONAL SITE!**

• **Pass Gate:** *Individual Qualifiers (each qualifying competitor= one coach)*  
*Team Qualifiers- 10 total (7 team members, 1 head coach, 1 asst. coach, 1 alternate)*

• **Available Facilities:** Concessions stands serving hot food and drinks, drinking fountain, and indoor restrooms are on site. Locker room facilities are not available. Come dressed to participate.

• **Awards:** Awards will be presented in the stadium 30 minutes after the conclusion of each race.

*Team*—Regional Championship and Regional Runner-Up for each race. Top 5 team in each race (D1 & D3 Boys and Girls); top 6 teams in each race (D2).

*Individual*—Award to each individual competitor to the State Meet top 20 finishers in each race (D1 & D3 Boys and Girls); top 24 finishers in each race (D2 Boys and Girls)

• **Parking:** All participants and spectators should enter Pickerington North High School facilities from Refugee Road at the traffic light across from Kroger. Parking is available in the Pickerington North High School and Lakeview Junior High parking lots. School buses will be directed to part in designated areas on the west side of the high school, adjacent to the competitor check in area.

• **Admission:** \$7.00 for all spectators, please inform your parents and fans

Good Luck!

*please see Baum's Page - Pickerington Regional for more information (course maps, box assignments, etc)*