

4A Region 2 and 5A Region 5  
2013 Regional Cross Country Meet Information  
<http://regionals2013.blogspot.com>

Dear Coaches,

In this packet, you will find all of the information necessary for registering for and competing in the regional championships meet on October 17th.

Here are the basics:

- Who?** 4A Region 2 and 5A Region 5 schools  
**What?** 4 races – 5A Boys, 4A Boys, 5A Girls, 4A Girls  
**Where?** *North* Monument Valley Park in Colorado Springs  
**When?** Thursday, October 17<sup>th</sup> – races at 3:00, 3:30, 4:00, and 4:30; Awards at 5:10  
**Why?** To qualify the very best teams to represent our regions at State!  
**How?** Represent your school with up to 9 boys and up to 9 girls

**The schedule of races:**

5A Boys: 3:00  
4A Boys: 3:30  
5A Girls: 4:00  
4A Girls: 4:30

**Officials:** Roger Caldwell and Laurie Scott

**Timer:** John O'Neill of the Colorado Running Company

**Meet Directors:** Jim Porter, Palmer Ridge (4A), Michael Pollard, Pine Creek (5A)

**Costs of the Meet:** By putting the 4A and 5A meets at a single location, we are saving our region a great deal of money. We will send a final invoice to everyone to help share the cost of hosting this meet.

We look forward to seeing you all on the 17th!

Sincerely,

Michael Pollard and Jim Porter  
Meet directors

Contact us: michael.pollard@asd20.org (719) 234-8532  
JPorter@lewispalmer.org (719) 867-8160

## **The Bottom Line on Qualifying**

**Entries** – email the separately attached excel spreadsheet called “XC\_Template-1.xls” to michael.pollard@asd20.org by Tuesday, October 15 at 10 a.m.

**4A Region 2** – Number of qualifiers: 4 teams and individuals in the top 15

According to the CHSAA Cross Country Regional Directors Bulletin, the “Top 4 (four) full teams” and “all athletes who finish in the top 15 places” will qualify for the state championship. A team must have at least 5 runners to score.

**5A Region 5** – Number of qualifiers: 5 teams and individuals in the top 15

According to the CHSAA Cross Country Regional Directors Bulletin, the “Top 5 (five) full teams” and “all athletes who finish in the top 15 places” will qualify for the state championship. A team must have at least 5 runners to score.

### **What is a team?**

A *full* team consists of 5 to 9 members; the top 5 of each team will score; the 6<sup>th</sup> and 7<sup>th</sup> runners (if applicable) will “retain their place” (*push* or *displace* later runners’ scores) , and any further runners on the same team will not retain a place in the scoring standings.

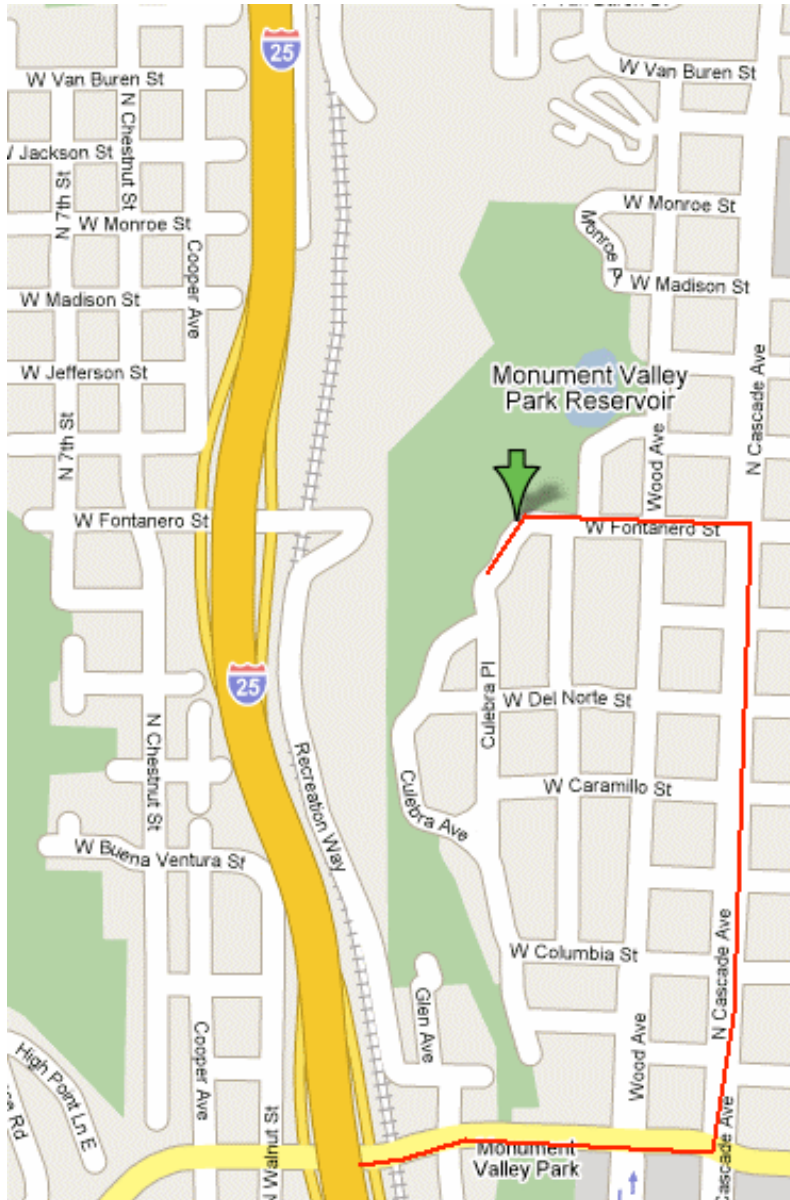
A team of one runner (and by extension 2, 3, or 4 runners) may enter regionals, but will not receive a team score. Individual runners on a non-scoring team may only qualify for state by placing in the top 15 individuals in their race.

## North Monument Valley Park Directions

W Fontanero Street & Culebra Place, Colorado Springs, CO

From I-25, take the Uintah Exit (Exit 143)

- At end of exit ramp, turn east (away from the mountains).
- Turn left at Cascade Ave.
- Turn left at Fontanero St
- Turn left at Culebra Place.
- Staging area is the large grassy area south of the restroom and ball field.



Directions from Pikes Peak Road Runners website:

[http://pprrun.org/directions/north\\_monument\\_valley\\_park.htm](http://pprrun.org/directions/north_monument_valley_park.htm)

Course Map

