2019 Region VI Cross Country Championships

Meet Information & Instructions

Big Cottonwood Softball Complex

4300 S 1300 E, Millcreek, UT 84117

**Coaches: Please read through these instructions and contact me if you have any questions.**

**Gary Rowles - growlesmt@gmail.com, 801 554 3549 cell**

**Location:** The course is at the Big Cottonwood Softball Complex at 4300 S 1300 East, Salt Lake City. It will be a 3.0 mile course, the same as Pre-Region. It is almost entirely grass. Although there has been construction at the site since our Pre-Regions, the course will remain basically the same.

**Race Schedule:** The Junior Varsity races are open to all non-varsity runners. In the Varsity races, coaches can run up to seven (7) runners. Teams must field 5 runners in the Varsity races before placing runners in the JV races.

Order of events will be as follows:

2:00 p.m. Coaches Meeting 3:30 p.m. Girls Varsity Race

2:30 p.m. Girls JV Race 4:00 p.m. Boys Varsity Race

3:00 p.m. Boys JV Race 4:30 p.m. Awards

**Registration:** Entries will be entered on Runnercard.com. Registration is now open and will close at 12 noon on Thursday, October 10th.

**Awards:** Medals will be given to the top fourteen (14) finishers in Varsity races and top ten (10) in Junior Varsity races. First place teams will be awarded trophies based on team scores in the varsity races. First seven runners in the Varsity divisions will be designated 1st Team All-Region and eighth through fourteenth will be 2nd Team All-Region. These will be recognized at the Region meet and each school will be responsible for providing their athletes with certificates thereafter.

Academic All-Region awards will be presented at the region meet to all seniors whose names were submitted for Academic All-State. Please check with your school's athletic director to assure that they will provide the Academic All-Region certificates to be presented during our awards ceremony.

**Volunteers:** Each school is required to provide one adult volunteer for the meet. Please have them report to the finish line at 2:15 p.m. If you have extra athletes or managers, we can also use them at the finish line so we can keep athletes in order and moving through the finish chute. We will also need to station course marshals at key points in the race to keep them on course. Please remind your volunteers that they are needed for all of the races.

**Uniforms:** Please refer to Rule 9, Section 6 of the NFHS Track and Field and Cross Country

Rules Book.

**Timing and Scoring:** We will be using Doug Padilla's team at Rocky Mountain Runnercard to handle all of the timing and scoring.