

REGION IV CROSS COUNTRY CHAMPIONSHIPS

Friday Oct. 9th, 2015
Pleasant Grove High School
700 E. 200 S., Pleasant Grove

MEET SCHEDULE:

3:30 pm Girls JV
4:00 pm Boys JV
4:30 pm Girls Varsity
5:00 pm Boys Varsity

Timing and results will be done by Runnercard.
The runnercard registration password is XXXX.
All registration must be completed by 12:00 midnight Wednesday Oct. 7th, 2015.

MEET ASSIGNMENTS (2 people each school)

American Fork: 1. Starter/Mile 2. Splits
Herriman: 1. Course Umpire 2. Chute Worker
Lehi: 1. Course Umpire 2. Chute Worker
Lone Peak: 1. Finish Judge 2. Chute Worker
Pleasant Grove: Course Umpire 2. Chute Worker
Riverton: 1. Course Umpire 2. Chute Worker
Westlake: 1. Course Umpire 2. Chute Worker

MEET INFORMATION

Region Varsity races: 7 athletes.
Scores at the Region Championship Meet will determine the winner of the region trophy.
Medals will be awarded to the top 10 finishers and ribbons for 11-20 finishers at the
Region meet in both the boys and girls varsity races.
State qualifying to the top 4 teams and top 3 individuals not on those teams at the
Region meet (or in the top 10 overall).
Uniform rule will be in effect for the Region Championships.
Course is 3 miles, with grass, track, and rubber mats.
Results will be available on Runnercard.

MEET DIRECTOR

Mark Morrison
Pleasant Grove HS
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