

CROSS COUNTRY DISTRICT 6-AAAA

Saturday, November 2, 2019

Varsity Girls 10:00 Varsity Boys 10:30 (9) Runners for each race

The course is located at the very East end of Menaul Blvd. There is a city park named Piedra Lisa adjacent to the foothill's course. Teams may set up camp there.

1. There will be a Coach's meeting 30 minutes prior to the first race located at the finish line.
2. The course is dirt with hills, sandy and rocky areas. The Course is 3.04 miles. The course is marked with course arrows and orange cones.
3. This will be a bib number meet. We will scan each bib bar code and then pull tag off each bib for race results and keep each pull tag, as a back up. **Bib numbers are to be worn on the front of singlet**
4. Award ceremony will begin after last race

Awards are: Team Trophy to 1st Place team and medals for the top ten finishers

5. **There will be another Coach's meeting after the last race.** Please double check the NMAA State Qualifying form for all spellings. Make sure you put the athletes **that you wish to compete at the State Meet** on the State Qualifying form.
6. As always your AD will have the All-Academic District Certificates for Juniors and Seniors
7. An Athletic Trainer will be provided
8. A Port-A-Pot will be provided at Piedra Lisa Park

7.14.2 District Meet

A. The district meets are held on Friday or Saturday of Week #18.

B. Number Qualifying for State Championships

District meets qualify the top three (3) teams in each district plus the top three (3) individual district meet finishers from non-qualifying teams to the State Championships.

* Note: All runners finishing in the top ten (10) at the district meet qualify for the State Championships with the exception of those finishing 8th or 9th on their team.

C. Teams are allowed to enter a maximum of nine (9) runners in the District Meet (only). At all other varsity meets, teams are limited to seven (7) runners.

Del Norte Course: <http://www.usatf.org/routes/view.asp?rID=529950>

Course Records: Jenna Thurman 21:12 2009 Pat Zacharias 17:19 2009

Please send me a roster for all (9) boy's squad and a separate roster for all (9) girls, so that I may match an athlete to a bib number E-mail to fpknight@aol.com DEADLINE: Tues, Oct. 29th