

2019 IHSAA CROSS COUNTRY REGIONAL

Hosted by - Rushville Consolidated High School

Course Location - Rushville Elementary/Benjamin Rush Middle School

Saturday, October 19, 2019

Welcome to the 2019 Cross Country Regional! Listed below is some information that you will need for this year's meet:

<u>TIME SCHEDULE</u>	Check In	8:45
	Course Opens	8:45
	Coaches Meeting (Middle School Gym)	9:45
	Course closes	9:45
	Boys report to start	10:20
	Boys Race	10:30
	Girls report to start	11:05
	Girls Race	11:15
	Awards Presentation Middle School Gym Approx.	12:15

As per IHSAA policy, there will be no reserve race or time trials allowed.

ADVANCEMENT: The top 10 individuals from non-advancing teams and the first 5 qualifying teams shall advance to the semi-state at Shelbyville October 26th.
no name changes are allowed between levels

SEMI STATE INFORMATION: www.alphatiming.net Under Event Info

AWARDS: Trophy plate to the championship team. Ribbons to 7 members of the first 5 teams. Ribbons to individual winners placing 1st through 20th.

ADMISSION: \$5 per person

SCORING All competitors who complete a race shall be ranked and tallied in accordance with their placement. Individuals are ranked and tallied, but their position is dropped and not recorded in the team scoring. The team score shall be determined by totaling the points scored by the first 5 finishing contestants on each team. The team which scores the lowest number of points will be the winner. (Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail. If only five competitors of the tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.)

SPECIAL INSTRUCTIONS

- 1. The course is located at Rushville Elementary School and Benjamin Rush Middle School. The schools are located on the north side of Rushville, two blocks west of St. Rd. 3 on 16th Street.**
- 2. Each runner must wear rubber soled shoes or spikes.**
- 3. Each runner is responsible for getting themselves all the way through the finish chute to the point where their tag is torn off by Alpha Timing. There will be video recording but this is a part of the Full race.**
- 4. Each school may enter 7 runners. Upon arriving, coaches will receive a team envelope: one for boys or girls or both.**
- 5. Tags/Numbers should be placed on the front of the runners and Pinned where indicated only.**
- 6. Starting position assignments will be on the packet front.**
- 7. Judges will be placed around the course to aid on the day of the meet.**
- 8. Times will be read at 1600 meters and 3200 meters.**
- 9. The course will be marked with posts and a white line. Finish chute is regulation tournament chute.**