



IHSAA Regional CC Championship

October 13th, 2018



Shelbyville High School is pleased to host the 2018 IHSAA CC Regional. We welcome all qualifying competitors, coaches and spectators to the Blue River CC Venue at Blue River Memorial Park.

Course

Blue River Cross Country Venue, Blue River Memorial Park, 725 Lee Blvd, Shelbyville, IN
 Blue River CC Course (www.bluerivercc.com) the course has gentle rises, it is deceptively challenging. The course is both runner and spectator friendly. The course is conveniently located off of I-74 with ample parking, restrooms, spectator areas and a splash park/play area for kids. Please visit the website for more information including spectator, bus info and course/park maps.

Competitors

The top 5 teams from each of the Franklin and South Dearborn sectionals along with the top 10 individuals not on qualifying teams from each will advance to the Shelbyville CC Regional.

Races

You may have registered with the IHSAA up to 12 eligible runners and may choose any 7 of those 12 to compete on meet day. Per IHSAA rules there is no JV/Reserve Race or time trial allowed. If you change your names with the IHSAA from sectional to regional please also send an email to: michelle@alphatiming.net with the ok from the IHSAA and the names coming off and those going onto the roster by 5pm on Monday, October 8th.

Meet Schedule

9:15 am	Check In/Packet Pick Up Opens	
9:50 am	Coaches meeting at Timing Trailer	
10:20 am	Girls report to start line for clerking	
10:30 am	Girls Race	
11:05 am	Boys report to start line for clerking	
11:15 am	Boys Race	
12:10 pm*	Awards	*approximate time

Course Walks

All course walks/tours should be completed by 10:15am, at this time the course closes to all.

Practice on the course

The course is open for practice except Oct 6. If you plan to practice on the course please email gary.nolley@gmail.com just to let us know you will be out there on what day(s).

Admission

IHSAA event admittance fee is \$5 per person. Cash only, no passes accepted. Please remind spectators to have correct change to help move cars in faster in your communication with them.

Trainer

There will be a trainer on site. Please come prepared with water and cups for your team, along with bags and ice for minor issues.

Facilities and Miscellaneous see www.bluerivercc.com for maps, parking, additional bus info

- Print course maps to bring with you and for your spectators
- There is space for team camp areas to the right as you enter from the fairgrounds, along the parking lot, or between the gully and the gravel road to the west. No team camps on the finish line side.
- A shelter house is available to rent. Contact Shelbyville Park & Rec. 317.392.5128
- Splash pad area may be on during warmer weather, NO SPIKES!!
- Teams should bring water/drink, cups, ice, bags for their athletes
- Restrooms for spectators and athletes are available in the permanent buildings. Athletes may also use the port-o-pots located near the start line, in team camp area or awards area.
- BRCCV is a 'pack it in, pack it out' park so please bring trash bags to carry your trash out with you and clean your area up or help us pick up other trash as you see it.
- PLEASE talk to your athletes about being respectful to all the buildings and grounds within the park. Cleaning up any messes they may make or making someone in charge aware of any issues.

IMPORTANT Information to share with parents/spectators/bus drivers ahead of time!

- See the maps/instructions posted on www.bluerivercc.com for best ways into the park
- **NO pets are allowed** within 75 yds of the course 2 hours before to 1 hours after awards. If a pet is brought it has to remain in the team camp area at all times and owner is responsible for all pet mess clean up. (it will not be allowed on the east side of the gravel path at any time)
- Restrooms for spectators and athletes are available in the permanent buildings. No spikes in the buildings.
- Spectators will not be allowed in or near the finish for any reason, they must remain behind fencing/flagging and must walk around it, not go under it when moving about. They must also take great care whenever crossing any part of the course so as not to interfere with any competitors. Please do not stand on the fence!
- Spectator parking will be available around the softball diamonds, splash pad building & in grass.
- Be aware there is a walk to the start and finish areas: some paved, some ADA gravel and some grass
- Busses will drop athletes off and park in the fairgrounds. Follow the signs for this. Spectators will not be allowed to follow buses into the fairgrounds.
- Several restaurants are located within 2 miles. Ask us ahead if you'd like recommendations!

Results will be available to coaches at the conclusion of the awards ceremony, one per gender. Results will be posted to www.alphatiming.net for you to view or print additional copies.

Awards (each gender) per IHSAA provided

Team: Winning team – trophy plate; Top 5 teams – ribbons up to 7 competing members

Individuals: Top 20 individuals will receive ribbons.

Questions and contacts

Course: www.bluerivercc.com

Meet Directors/Scoring: Michelle Nolley, michelle@alphatiming.net (email preferred), 317.403.8594

SHS Coach: Girls – Dan Theobald, dptheobald@shelbycs.org

SHS Athletic Director: Jenny DeMuth, jademuth@shelbycs.org, 317.398.9731 x2118

REMEMBER spectators cannot follow busses into the fairgrounds.

Remind your spectators to leave pets at home!

Remind spectators there is a \$5 per person admission rate. Correct change will help keep things moving for everyone!!!

From Eastbound I-74: Exit 113, St Rd 9. Turn right off the exit toward McDonald's. Go to the 4th stop light (1st one once you've crossed the bridge) and turn left onto Mechanic St. Take this to the stop sign and go left onto Vine St, it will turn into Morris Ave after you cross a bridge. Then follow the ALL BUSES box at the bottom.

SPECTATORS following busses from this direction: Spectators who follow busses should take the Y on Morris Ave to the left, following the cemetery. Go through the stop sign straight, the park will appear on their right. They can enter via the gate off of Morris or continue and turn onto Lee Blvd and enter there.

From Westbound I-74: Exit 116, St Rd 44, go left under the interstate, go to the stop light. Go right. Follow this to the 5th stop light, Papa John's on the right, turning right onto Vine St and then follow the ALL BUSES box at the bottom.

SPECTATORS following busses from westbound I-74 should go left off the exit to the first stop light, turning right at the light going toward Starbucks. This is Lee Blvd. Pass by the side of Wal Mart.. The park entrance will be on their left after they cross the bridge.

From Eastbound St Rd 44: Bring 44 into Shelbyville, at the 1st flashing light turn left still following 44 signs. At the Stop Sign continue right, following SR 44 signs, at next stop light go left, still following SR 44, at next light go right (CVS on corner) staying on SR44. At the 2nd stop light past the CVS, Papa John's on the corner, just past KFC, go left onto Vine Street. Once on Vine go straight through the stop sign and then follow the box at the bottom from this point.

SPECTATORS following busses from this direction can go either way into the park by following the directions in the top box or by going straight on SR44 to the 3rd light past the bus turn off (Papa John's) and turn left toward Wal Mart, at the stop sign past Wal Mart turn left onto Lee Blvd, the park entrance will be on their left just over the bridge.

ALL BUSES: will be entering from Vine St: Morris Ave will Y, take the right angled road, Fair Ave, this will end at the entrance to the fairgrounds. Go right into the fairgrounds and the road will w, take the spoke going to the far left and follow it back to just at the barns, busses may stop here to unload and athletes can walk through the gate to the team camp area designated by signs to their right or ahead of them depending on weather. Busses may then park in the fairgrounds area grass.