

DISTRICT III CROSS COUNTRY CHAMPIONSHIPS

TO: District III Principals – Athletic Directors – Cross Country Coaches

FROM: Hal Griffiths, Cross Country Chairman

DATE: August 1, 2011

The District III Cross Country Championships will again be held at the Parkview Cross Country Course. It is located behind the Hershey Giant Center.

Wednesday, October 26

Girls AA 1:00 PM

Girls AAA 2:00 PM

Boys AA 3:00 PM

Boys AAA 4:00 PM

ELIGIBILITY

STUDENTS MAY NOT PARTICIPATE UNLESS THEY HAVE RUN THE FOLLOWING TIME(S) ON A 3.1 (5,000M) MILE COURSE:

GIRLS AA - 25:00.0

BOYS AA - 21:00.0

GIRLS AAA - 23:00.0

BOYS AAA - 19:00.0

EXCEPTION: EVERY TEAM THAT HAS A .500 TEAM RECORD MAY ENTER RUNNERS NOT MEETING THE QUALIFYING TIME SO THAT THE TEAM HAS FIVE RUNNERS AND IS CAPABLE OF SCORING IN THE MEET.

POINT: FORFEIT VICTORIES MAY NOT COUNT IN YOUR WON/LOSS RECORD, ONLY VICTORIES IN RACES WON AGAINST SCHOOLS COMPETING AS A TEAM. YOU CANNOT COUNT A TEAM VICTORY IF YOUR OPPONENT HAD LESS THAN FIVE PARTICIPANTS IN A RACE. *ALSO*, DO NOT COUNT RESULTS IN INVATIONALS IN YOUR WON/LOSS RECORD.

NOTE: COACHES MAY REGISTER A MAXIMUM OF 8 RUNNERS, BUT ONLY 7 MAY RUN IN THE MEET.

- ❖ **NO GIRL AA OR AAA WILL BE TIMED OR SCORED WHO DOES NOT COMPLETE THE COURSE UNDER 28 MINUTES!**
- ❖ **NO BOY AA OR AAA WILL BE TIMED OR SCORED WHO DOES NOT COMPLETE THE COURSE UNDER 24 MINUTES!**

Entry information MUST be submitted to www.runhigh.com by NOON on Thursday, October 20. Instructions on page 3.

COURSE/FACILITY USAGE

It is absolutely prohibitive for any team or individual to walk, jog or run the course prior to 2:00 pm on Tuesday, October 25th. Also, the use of the Giant Center is prohibited to teams, runners, coaches or fans at all times!

The course will be open from 2:00 PM until dusk on Tuesday, October 25. Coaches may pick up information packets during that time at the trailer by the finish line. Computer chips must be picked up on Wednesday morning at the trailer.

CHIPS AND BIB NUMBERS

We will again be using the computer chip scoring system this year with the Finish Linx cameras. Each competitor will be assigned a bib number and a computer chip for a shoe. Chips must be picked up by coaches on race day. Chips will NOT be given out prior to the day of the race.

Parking for team buses on Tuesday and Wednesday will be in the designated Giant Center parking lot.

Parking for all spectators and fans will be in the Hershey Giant Center parking lot.

All fans, runners, and coaches must cross the road from the parking area at the designated spots.

AWARDS

Awards will be presented immediately following the conclusion of each race (class) at the bleachers past the finish line. The following awards will be given:

- Top Twenty (20) runners will be presented medals in Boys & Girls AA
- Top Thirty (30) runners will be presented medals in Boys & Girls AAA
- Team Trophy for District Champion in each class.
- Ten medals will be awarded to the members of the District Team Champion in each class.

STATE QUALIFIERS **Change for AA Girls. We only qualify 2 teams and 10 individuals in AA boys and girls this year.**

Boys AA

- a. Top two (2) teams
- b. Top ten (10) individuals who have not already qualified as a team.

Girls AA

- a. Top two (2) teams
- b. Top ten (10) individuals who have not already qualified as a team.

Boys & Girls AAA

- a. Top five (5) teams
- b. Top twenty-five (25) individuals who have not already qualified as a team.

Due to a board of control (PIAA) decision on July 22, 1993, the State Championships will determine team scores by "re-ranking". Our District Meet also will "re-rank" to determine the team scores. (All competitors who finish the race shall be ranked and tallied in accordance with their place of finish.

The team score shall then be determined by totaling the points scored by the first five (5) finishers of each team. The team which scores the smallest number of points is the winner. If fewer than five (5) competitors of a team finish, the places of all members of that team shall be disregarded and the team scores "re-ranked".)

COURSE MARKINGS

The course will again be marked with directional flags + posts and a painted double white line.

Flag Designations: ***Red Flag - - - Turn to the Left***
 Yellow Flag - Turn to the Right
 Blue Flag -- - Straight Ahead

ON-LINE REGISTRATION INFORMATION

All registrations must be done on the Runner's High web site: www.runhigh.com

Directions:

1. Go to www.runhigh.com.
2. Click on the [Click Here For Main Menu](#) line.
3. Click on [Cross Country Information](#).
4. Click [On-Line Cross Country Event Registration Information](#)
5. You do not need to read the page, simply go to the bottom and click [Enter System Now To Register, Edit, or View XC Meet Info](#).
6. If your school is not in the list of high schools, click on [Add Team](#). IF your school is already listed, double click on your school name, enter your password, and click on Verify Password and Proceed to edit your team.
For New Teams
7. Provide the information and click [Submit](#).
8. Click [Add Your Competitors](#).
9. Register a password two times and click [Change Password](#) OR enter your email as your password.
For New and Returning Teams
10. You are now on the page to submit entries. REMEMBER, you may not submit more than eight girls and eight guys. **Both girls and guys should be submitted together. Do not separate them into two teams!** Fill in first name, last name, class (use the numbers as explained at the top of the page), put a mark in the participation box, indicate gender, and click [ADD](#). Do this for each runner.
11. After you have submitted the information for each runner, click on [Assign your school to a race](#) at the bottom of the page.
12. Now double click on the PIAA District III 2011-10-26 race.
13. Click OK.
14. Click on School List at the bottom to make sure your school is listed.

ALL ENTRIES MUST BE RECEIVED BY NOON ON THURSDAY, OCTOBER 20, 2011

Note: Coaches may enter a maximum of 8 runners, but only 7 can run at the meet.

Please contact Hal Griffiths if you have a problem or if you need further information.

School-- 717-737-3550 (ext. 157) Cell--717-802-5334Email--hgriffiths@yahoo.com

DISTRICT III SCHOOLS THAT HAVE DECLARED CROSS COUNTRY

| AAA GIRLS | | AAA BOYS | |
|------------------------|--------------------------|------------------------|--------------------------|
| Big Spring | Susquehanna Twp. | Big Spring | South Western |
| Carlisle | Susquehannock | Carlisle | Spring Grove |
| Cedar Cliff | | Cedar Cliff | Susquehanna Twp. |
| Cedar Crest | Twin Valley | Cedar Crest | Susquehannock |
| Central Dauphin | Warwick | Central Dauphin | Twin Valley |
| Central Dauphin East | Waynesboro | Central Dauphin East | Warwick |
| Central York | West Perry | Central York | Waynesboro |
| Chambersburg | West York | Chambersburg | West Perry |
| Cocalico | William Penn | Cocalico | West York |
| Conestoga Valley | Wilson | Conestoga Valley | Wilson |
| Conrad Weiser | York Co. School of Tech | Conrad Weiser | York Co. School of Tech |
| Cumberland Valley | York Surburban | Cumberland Valley | York Surburban |
| Dallastown | | Dallastown | |
| Daniel Boone | | Daniel Boone | |
| Donegal | AA GIRLS | Donegal | AA BOYS |
| Dover | Annville Cleona | Dover | Annville Cleona |
| East Pennsboro | Berks Catholic | East Pennsboro | Berks Catholic |
| Eastern Lebanon County | Bermudian Springs | Eastern Lebanon County | Bermudian Springs |
| Elizabethtown | Bible Baptist | Eastern York | Bible Baptist |
| Ephrata | Biglerville | Elizabethtown | Biglerville |
| Exeter Township | Bishop McDevitt | Ephrata | Bishop McDevitt |
| Fleetwood | Boiling Springs | Exeter Township | Boiling Springs |
| Garden Spot | Camp Hill | Fleetwood | Camp Hill |
| Gettysburg | Christian School of York | Garden Spot | Carson Long |
| Governor Mifflin | Columbia | Gettysburg | Christian School of York |
| Greencastle Antrim | Covenant Christian | Governor Mifflin | Columbia |
| Harrisburg | Delone Catholic | Greencastle Antrim | Covenant Christian |
| Hempfield | Eastern York | Hamburg | Delone Catholic |
| Hershey | Fairfield | Harrisburg | Fairfield |
| James Buchanan | Hamburg | Hempfield | Kutztown |
| J.P. McCaskey | Kutztown | Hershey | Lancaster Catholic |
| Kennard Dale | Lancaster Mennonite | J.P. McCaskey | Lancaster Mennonite |
| Lampeter-Strasburg | Littlestown | James Buchanan | Littlestown |
| Lancaster Catholic | Middletown | Kennard Dale | Oley Valley |
| Lebanon | Oley Valley | Lampeter-Strasburg | Schuylkill Valley |
| Lower Dauphin | Schuylkill Valley | Lebanon | Steelton Highspire |
| Manheim Central | Steelton Highspire | Lower Dauphin | Susquenita |
| Manheim Township | Susquenita | Manheim Central | Trinity |
| Mechanicsburg | Tulpehocken | Manheim Township | Tulpehocken |
| Milton Hershey | Veritas Academy | Mechanicsburg | Veritas Academy |
| Muhlenberg | Wyomissing | Middletown | Wyomissing |
| New Oxford | York Catholic | Milton Hershey | York Catholic |
| Northeastern | York Country Day | Muhlenberg | |
| Northern Lebanon | Trinity | New Oxford | |
| Northern York | | Northeastern | |
| Palmyra | | Northern Lebanon | |
| Penn Manor | | Northern York | |
| Reading | | Palmyra | |
| Red Land | | Penn Manor | |
| Red Lion | | Reading | |

| | | | |
|---------------|--|--------------|--|
| Shippensburg | | Red Land | |
| Solanco | | Red Lion | |
| South Western | | Shippensburg | |
| Spring Grove | | Solanco | |