

The Greater Danville Metro Cross Country Championships

You and your team are invited to participate in this year's Greater Danville Metro Cross Country Championships Wednesday, **October 23rd** at Angler's Park in Danville, VA.

Director: Mark Bryant – Galileo Magnet High School - *mbryant@mail.dps.k12.va.us*

Schedule: 1:30 pm Course Opens
2:45 pm Coaches Meeting
3:15 pm JV Boys & Girls Race (unlimited entries) – **No Middle School Runners**
4:00 pm Girls Varsity Race (up to 10 entries per team)
4:45 pm Boys Varsity Race (up to 10 entries per team)
5:30 pm Awards Ceremony

**Note: The JV and Varsity races may be combined if total number of runners per gender does not exceed 125 athletes. Coaches will be notified through email if races are to be combined.*

Meet Administration: We will be using electronic timing courtesy of RunRoanoke LLC. *As a backup, all athletes will be given a finish card in the chute and all athletes will be wearing a tear-off ribbon that will be collected at the end of the chute. Please instruct athletes to pin only the instructed area and not the tear-off. Coaches will collect all athletes' finish chute cards **after they clear the chute** and put the athletes' name on the chute card, and place those in a supplied envelope for a quick score. Those will be turned in to the scorer's table as soon as all of your athletes have finished.*

Rules: All National Federation Rules will be in effect including uniform and athlete conduct. Please review all rules with your athletes before the meet.

Entry Deadlines: **Entries are due through Milestat by 11:59 pm October 20th, 2019.**

This meet is only open to public schools whom are members of the Dogwood District, Piedmont District, Region 1A and/or private schools residing in Pittsylvania County.

Registration will close once 14 schools have registered.

Entry Fees: \$25 to enter one gender team, \$45 to enter boys and girls combined. A team consists of 5+ runners of the same gender. Schools with fewer than 5 members per gender may pay \$5 per athlete.

Please make checks payable to Galileo Magnet High School Cross Country.

Member Schools of the Dogwood District may enter at no charge.

Concessions: None on site

Team Packets: Team packets will be available for pick-up at the finish line upon arrival. A hard copy of the course map will be provided in the team packet. Please use the trash bag included in the team packet to collect all trash from your team area.

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Results: Results from each varsity race will be divided into two divisions, Metro and Invitational. All Danville & Pittsylvania County schools will be automatically entered into the Metro division. A printed copy of the results will be available to coaches at the conclusion of the awards ceremony.

Awards: Medals will be awarded to the top 10 individual finishers in each varsity division. A team trophy will be awarded to the winning team in each varsity division. Medals will be awarded to the top 5 male and top 5 female finishers in the JV race (if the JV race is not merged with the varsity race).

Restrooms: Limited restrooms are available on site. There are no dressing rooms available.

Team areas: There is a large picnic shelter available on a first come first serve basis, but please be considerate to allow space for other teams to also utilize the shelter. Team canopies are acceptable and may be established in the grass adjacent to the picnic shelter, along the tree line adjacent to the river, or between the parking lot and start/finish field. No canopies are allowed inside the start/finish field.

Parking: Buses will be parked across from the wooden bridge along the entrance road. Spectators may park in designated areas only. An attendant will assist in parking all spectators. Please do not park in the grass or on the gravel road adjacent to the picnic area.

Course Address: *350 Northside Dr, Danville, VA 24540*

Directions: Follow US-29/HWY-265 (Danville Expressway) and exit via the Dan Daniel Park ramp. From this point, follow the brown “Public Boat Landing – Anglers Park Signs” which will lead you in the opposite direction of the Dan Daniel Park entrance onto Riverpark Drive. Once on Riverpark Drive, turn right onto Stinson Drive and then turn left onto Northside Drive. Angler’s Park is located at the end of this road.