



VIRGINIA INDEPENDENT SCHOOLS
55th ANNUAL VARSITY CROSS-COUNTRY CHAMPIONSHIPS
THURSDAY, NOVEMBER 7th, 2019 at POLE GREEN PARK
MECHANICSVILLE, VA.

2:30 p.m. DIVISION I BOYS' CHAMPIONSHIP RACE 5000 meters

Eligibility: The male population of the school must be 161 students or more between grades 9-12.

Runners may not have reached their 19th birthday as of August 1, 2019.

Students must be in the eighth grade or above.

A team may consist of 5 - 12 runners (Teams running more than 12 will be disqualified).

Awards: Plaques to champion and runner-up teams.

Medals awarded to places 1 through 20. Top 20 are considered Division I Boys' All-State.

3:00 p.m. DIVISION II BOYS' CHAMPIONSHIP RACE 5000 meters

Eligibility: The male population of the school must be less than 161 students between grades 9-12.

Runners may not have reached their 19th birthday as of August 1, 2019.

Students must be in the eighth grade or above.

A team may consist of 5 - 12 runners (Teams running more than 12 will be disqualified).

Awards: Plaques to champion and runner-up teams.

Medals awarded to places 1 through 20. Top 20 are considered Division II Boys' All-State.

3:30 p.m. DIVISION I GIRLS' CHAMPIONSHIP RACE 5000 meters

Eligibility: The female population of the school must be 161 students or more between grades 9-12.

Runners must not have reached their 19th birthday as of August 1, 2019.

Students must be in the eighth grade or above.

A team may consist of 5 - 12 runners (Teams running more than 12 will be disqualified).

Awards: Plaques to champion and runner-up teams.

Medals awarded to places 1 through 20. Top 20 are considered Division I Girls' All-State.

4:00 p.m. DIVISION II GIRLS' CHAMPIONSHIP RACE 5000 meters

Eligibility: The female population of the school must be less than 161 students between grades 9-12.

Runners must not have reached their 19th birthday as of August 1, 2019.

Students must be in the eighth grade or above.

A team may consist of 5 - 12 runners (Teams running more than 12 will be disqualified).

Awards: Plaques to champion and runner-up teams.

Medals awarded to places 1 through 20. Top 20 are considered Division II Girls' All-State.

Entries will be done online at milestat.com. Please submit entries before Noon on Sunday, November 3, 2019. (There is a limit of 14 entries per school per gender with 12 being allowed)

to compete). This is a change from year's past as we will move to use timing chips for the finish line. Using the timing chips necessitates reducing the number of entries but we will still allow 12 runners on race day.

The password is ***visaaxc2019***

FOR QUESTIONS **CONCERNING ENTRIES** CONTACT WINSTON BROWN AT: :

brownw@fuma.org

Phone 434-842-4289

ENTRY: .

Please make entries online at milestat.com by **Noon on Sunday, November 3.**

Please include all possible participants. Additions cannot be made on race day.

Divisions are determined by enrollment figures submitted to the VISAA for the 2017-2018 school year. A posting of divisions may be found at the VISAA website. Schools will compete in the same division as last year.

PAYMENTS:

A school must have registered with the VISAA and paid its membership fees based on enrollment of students in grades 9-12. If you have any questions about payments, please ask your Athletic Director or contact Dick Kemper, Executive Director, VISAA, at rkemperjr@comcast.net.

Any questions concerning the operation of the meet should be directed to Winston Brown at (434) 842-4289 or by e-mail at brownw@fuma.org.

**Important Reminders
MEET IS ON A THURSDAY**

Race Times:

2:30 p.m. DIVISION I BOYS' CHAMPIONSHIP RACE

3:00 p.m. DIVISION II BOYS' CHAMPIONSHIP RACE

3:30 p.m. DIVISION I GIRLS' CHAMPIONSHIP RACE

4:00 p.m. DIVISION II GIRLS' CHAMPIONSHIP RACE

Admission Fee: VISAA will charge a fee of \$10.00 for admission onto the grounds of Pole Green Park for the Championships. Please make parents aware of this policy.

DRESSING: All competitors are asked to arrive at the course dressed. Lockers and towels will not be available. There will be porta-johns on site.

CHECK IN:

Check in will begin at 12:30pm. Check in will be at the main tent adjacent to the finish line.

ATHLETES- Athletes must be wearing and show their uniform.

COACHES/ADDITIONAL PERSONNEL -All coaches must check in at the COACHES TENT to pick up their information. All teams are required to have a coach or volunteer at the finish to deal with any possible medical issues at the finish line and to assist runners through the chute. **Instruct your runners to continue moving through the chute, do not let them stop at the finish line.**

AWARDS: The awards ceremony will take place immediately following the last race unless weather necessitates having the ceremony shortly after the race. At this time the top 20 individuals in each race will be called up to be recognized and the race winner will receive a Jefferson Cup. The top 5 teams from each race will be announced and the top two teams will receive plaques. In case of inclement weather the awards ceremony may be cancelled and meet officials will make sure that all awards are distributed.

TENTS: Team tents can be set- up in the assigned area next to the starting line.

TRASH: Teams are responsible for picking up after themselves.

PARKING: BUS DRIVERS-Buses will be directed where to park.

MEDICAL POLICY: The top priority of our medical staff is to respond to **life threatening medical emergencies**. Non-life threatening/minor injuries (example: scraped knees, minor cuts, etc.) may be treated as resources are available and time allows. Serious injuries take precedence and will be treated first.

Deadlines:

Please enter online at milestat.com by noon on November 3, 2019.