

# ROCKY MOUNTAIN CLASSICAL ACADEMY



## 2019 CCAL CROSS COUNTRY MEET

Dear Athletic Directors and Middle School Cross Country Coaches,

Rocky Mountain Classical Academy will be hosting a CCAL meet on Sept. 12, 2019. This meet will be held at **Monument Valley Park**. See information below:

**Cost:** \$50 per school

Check made payable to Rocky Mountain Classical Academy, either mailed or bring on race day.

Address to send the check: **Rocky Mountain Classical Academy**  
**4620 Antelope Ridge, Colorado Springs, CO 80922**

**Entries:** We will be using milesplit for our entries this year. See below for more information.

**Schedule:**

- 3:00 pm Check in
- 3:30 pm Coaches Meeting
- 4:00 pm Boys "A" race (top 6 runners)
- 4:25 pm Girls "A" race (top 6 runners)
- 4:50 pm Boys "B" race (unlimited entries)
- 5:20 pm Girls "B" race (unlimited entries)
- 5:50 Awards

**Course:** The meet will be held at Monument Valley Park, in downtown Colorado Springs. The start line and welcome tent will be in the big field by the North End Playground. The address to the park is 205 W Fontanero St, Colorado Springs, CO 80907.

**Awards:** The top three runners in each category will earn a medal; fourth through tenth place will earn ribbons.

**Parking:** Parking is limited at the park so please plan on giving some extra time to park. There is a small parking lot at the address above. There is also parking all along Culebra Ave, a street that parallels with the park.

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**Route:** The course is a big loop that consist of grass at the beginning and end, and a dirt trail the rest of the way. All turns will be marked with cones and we will have lead & trail bikes.

**Contact Information:** If you have any questions or concerns please feel free to email or call!

Email: [thumphrey@rmcacs.org](mailto:thumphrey@rmcacs.org) Phone: (719) 648-6547

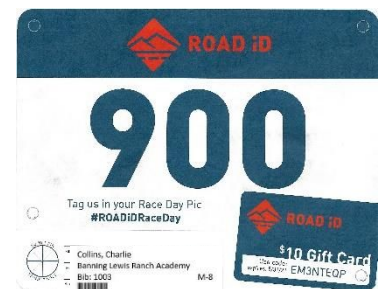
### Milesplit Information:

Meet entries will be through Milesplit just like the week before. Team score is determined by placement of the top 4 runners on each team. Teams with less than 4 runners completing the race will not be counted in team scoring. Tie-breaker is 5th runner finish position. Teams should fill their A-Team first (6 runners), then remaining runners on the B-Teams.

MileSplit link for **CCAL-RMCA** meet: <https://co.milesplit.com/meets/365832/info>

Make sure your rosters are current for the 2019 Cross Country Season, and then you can click on the **Register Online Now** at the page above. If you need more detailed instructions on how to use MileSplit, let us know and we can help out.

RMCA will pre-print tags and place them on race bibs that will be handed out in the team race packets on check-in. Registration will close at 7:00pm the night before the meet so that we can process all the entries and get the race bibs ready. You can make A-B changes after that point, but if you have any other race-day changes, you will need to make sure and come early to the meet to get those squared away. Any changes will be limited to athletes on the MileSplit Rosters, so make sure those are complete. **Make sure the name tag on the bib matches the runner!**



Places and times will be recorded at the finish line using the name tag labels from the tear-off section of the bibs, and the corresponding time from the master timer. Results will be printed and posted as soon as all runners are recorded for the race. Team scores will be tallied and posted as soon as they are available. If you have any questions or issues with milesplit please let us know.

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### Course Map:



### Parking Map: Yellow are available parking locations

