Date: Saturday, September 25th

Location: Cold Springs High School

Entry Fee:

Varsity Boys – $75 per team

Varsity Girls – $75 per team

Individual – $20 each

Make check payable to:

Cold Springs High School

Mail check to:

Coach Howell

Cold Springs Cross Country

P.O. Box 130

Bremen, Alabama 35033

Parking – $5

Format:

Varsity Boys – Unlimited Entries

Varsity Girls – Unlimited Entries

Teams must be a member of AHSAA to enter meet

Race Schedule:

Course Opens – 6:30am

National Anthem – 7:50am

1a-2a Varsity Girls – 8:00am

1a-2a Varsity Boys – 8:30am

3a-4a Varsity Girls – 9:00am

3a-4a Varsity Boys – 9:30am

5a-7a Varsity Girls – 10:00am

5a-7a Varsity Boys – 10:30am

Awards – The head coach may pick up shirts/medals/trophies after race completion

Note: There will be three varsity team divisions. A final division determination will be made and emailed one week prior to meet to allow for equal number of teams in each race.

Awards:

Team Trophies: Top 3 in each division

Team Individual: Top 10 in each division

Concessions and T-shirts will be available

Entries Due:

Sunday, September 19th through alabamarunners.com. Late entries will not be accepted.

Extra Guidelines

All spectators are encouraged to social distance and wear facemask

There will be limited/pre-packaged concession stand items

Team tent areas and warm-ups should be setup/selected to allow for social distancing

Team starting box numbers will be pre-selected and included in the coaching packet

The starter will notify teams when they may enter their starting box

Only coaches, runners and meet workers will be allowed access to the start line

Runners may wear a mask into the starting box, hold while running, and put back on when finished

There will be limited finish line workers to help guide any runners

Bottled water will be provided with race packets for athletes

Race chips will not be taken off at the finish line

Coaches will return race packets including race chips to the registration tent after race completion

Teams will be billed $25 per missing chip

Coaches may pick up shirts/medals/trophies after race completion

Contact: If you have any questions

Coach Howell

CSHS – Cross Country

[chowell@ccboe.org](mailto:chowell.oh@calhoun.k12.al.us)

256-343-3204

Starting Box Numbers

1a/2a

2 - Athens Bible School

4 - Cleveland

6 - Cold Springs

8 - Faith Christian

10 - Jefferson Christian Academy

12 - Lindsay Lane Christian Academy

14 - Locust Fork

16 - Pisgah

18 - Winston County

20 - Marion County

3a/4a

2 - Altamont

3 - Anniston

4 - Curry

5 - Danville

6 - DAR

7 - Elkmont

8 - Fayette County

9 - Good Hope

10 - Haleyville

11 - Holly Pond

12 - Hamilton

13 - LAMP

14 - Northside

15 - Oakman

16 - Oneonta

17 - St Bernard

18 - Vinemont

19 - White Plains

20 - Whitesburg Christian Academy

5a/7a

2 - Arab

3 - Ardmore

4 - Athens

5 - Austin

6- Boaz

7 – Brewer

8 - Brookwood

9 - Buckhorn

10 - Central-Clay County

11 - Cordova

12 - Decatur

13 - Douglas

14 - Guntersville

15 - Randolph School

16 - West Point

17 - Tuscaloosa County

18 - Fairview