

15th Annual TCBY Invitational

Home of the AHSAA Cross Country State Champions:

Girls 2007, 2008, 2009, 2010, 2011, 2014, 2019, 2020

Boys 2015, 2016, 2017, 2020

Host to the 2021 4A Section 3, 5A Sections 2, and 6A Section 3 AHSAA Cross Country Sectionals

Review the information below and if you have any questions, please do not hesitate to contact me at coachtiller@gmail.com

Coach Charles Tiller
Head Coach
American Christian Academy

Location:
Sokol Park, Tuscaloosa

Directions:
Exit 73 off of Interstate 20/59 in Alabama. Then take a right (if coming from Birmingham) on McFarland Blvd. west. Go approximately 5.25 miles and make a right turn onto Watermelon Road. Go 2 miles, make a right turn at Old Colony Road. Go approximately .3 mile taking a left into Sokol Park. Plenty of bus and automobile parking is available on the left as you head toward the race area .25 miles down the road.

Back way:
Exit I20/59 at University Blvd (Exit number 79). Head north on AL-7/US-11 S/University Blvd E for 3.2 miles. The road will split, bear right, and continue 2.3 miles. Take a right on Crescent Ridge Road and go 2.3 miles. Take a left on Jack Warner Parkway. Go .9 mile. You will pass Holt High School. Take a right in State Route 297 and go over the bridge. At the end of the bridge, take a right. Road sign says toward Lake Tuscaloosa. This road is Rice Mine Road. Go 1.2 miles. At the first light, take a left on Old Colony Road. The sign at the intersection says New Watermelon Road. Go 1.3 miles. Turn right into Sokol Park. Plenty of bus and automobile parking is available on the left as you head toward the race area .25 miles down the road.

Schedule:*

8:30 am	Varsity Girls 5K, Small/Large Sch Combined 10 Runners/ Team
9:05 am	Varsity Boys 5K, Small/Large Sch Combined, 10 Runners/ Team
9:30 am	Junior Varsity Girls 5K (place your teams #11+ runners in this race).
10:00 am	Junior Varsity Boys 5K (place your teams #11+ runners in this race).
10:30 am	Middle School Girls 2.25 mi
10:50 am	Middle School Boys 2.25 mi

*All times are approximate.

Limit 10 athletes for Varsity races.
Unlimited athletes for the JV races.

Entries:

Because of COVID, team entries will be limited. Entries will be First Come, First Serve.

The entry fee is \$19 per athlete with a maximum of \$95 per school per individual race i.e. a school who has a Varsity Girls, Varsity Boys, JV Girls, and JV Boys team would pay \$380 (4 teams x \$95). Check payable to American Christian Academy Cross Country. Please bring the payment to the meet.

Your school MUST be a member of the NFHS to be able to compete in the Varsity or Middle School races. Unattached athletes are not allowed to participate in the Varsity or Middle School races.

Registration:

Go to al.milesplit.com. Choose the meet under the Calendar heading. Click on the button and follow the instructions. Deadline for Entry is Tuesday, September 14 at 11 pm Central.

Awards:

In the JV/Middle School races, the Top 2 teams per race and Top 10 individuals will receive medals.

In the Varsity race, the Top 2 Small School Boy/Girls teams (1A-3A), the Top 2 Large School Boy/Girls teams (4A-7A), the Top 10 Small School Boy/Girls individuals (1A-3A), the Top 10 Large School Boys/Girls individuals (4A-7A) will receive awards. The Top JV Boy/Girls teams and Top 10 JV athletes will receive awards.

There will be no Awards Ceremony. Medals will be given out at the Finish Line and Team Trophies can be picked up at the Registration Tent.

Course:

Grass and dirt trails. Spikes recommended.

Records:

Meet :

(G) 17:58.85 Rachel Roberts, John Carroll September 24, 2011

(B) 15:57.46 Payton Ballard, Mountain Brook September 24, 2011

Course:

(G) 17:24.72 Presley Miles, Saint James, October 20, 2018

(B) 15:57.46 Payton Ballard, Mountain Brook September 24, 2011