



Dear Athletic Director and Middle School Cross Country Coaches:

Monument Academy will be hosting the **CCAL Championship** meet this season. This meet will be held at Fox Run Park on **Friday, October 01, 2021**. Directions and course map are below.

**Cost:** \$50 per school. Check made out payable to Monument Academy, turned in on race day, or mailed to:

**Monument Academy**  
ATTN: Chris Hale  
4303 Pinehurst Circle  
Colorado Springs, CO 80908

**Entries:** Entries for the meet will be through **MileSplit** – see next page for details.

**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 pm Awards

**Course:** The course is 2500m (1.55mi, measured by wheel) which starts on the Pine Meadows field near the south entrance to the park, and mostly follows the perimeter of the three large grass areas of the park. A map of the course and directions to the park are attached. *NOTE - Distance markers are approximate, locations marked with signs during the meet*

**Awards:** Medals to 1<sup>st</sup> – 3<sup>rd</sup> and ribbons to 4<sup>th</sup> through 10<sup>th</sup> in each race. Team plaques for 1<sup>st</sup> and 2<sup>nd</sup> place in “A” races.

**Parking:** Please park **only** in the designated areas shown on the map, and **not along Park roads**. (P)  
Bus parking is reserved just to the right after entering the park. (B)

**Team Camps:** Team camp areas are indicated on the map below. (C) Please stay clear of the course.

If you have any questions, please contact Monument Academy’s Meet Coordinator, Tom Eller at (719) 505-0656 or [teller1210@gmail.com](mailto:teller1210@gmail.com)

Thank you!

**Tom Eller**  
Meet Coordinator

**Kristi Steeger**  
Head Coach

**Luke Rodriguez**  
Assistant Coach

**Abby Shearer**  
Assistant Coach

**Chris Hale**  
Interim Athletic Director



Meet entries will be through **MileSplit**. Hopefully most teams have a presence and administrator for their team on there from previous XC/Track seasons. So, if you already know how that works, then the difference is just that there's only two events for Boys and two for Girls:

EVENT NAME	DIVISION	MAX ENTRIES/TEAM
Boys-A 2500m	Middle School	6
Boys-B 2500m	Middle School	Unlimited
Girls-A 2500m	Middle School	6
Girls-B 2500m	Middle School	Unlimited

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 5<sup>th</sup> runner finish position.

Teams should fill their A-Team **first** (6 runners), then **remaining** runners on the B-Teams; contact Meet Director Eller for exceptions. We've had some neglect in this area in some of the weekly meets, and it's really not fair to the true second-tier B-Runners, so call/email if you want to run any athletes "down".

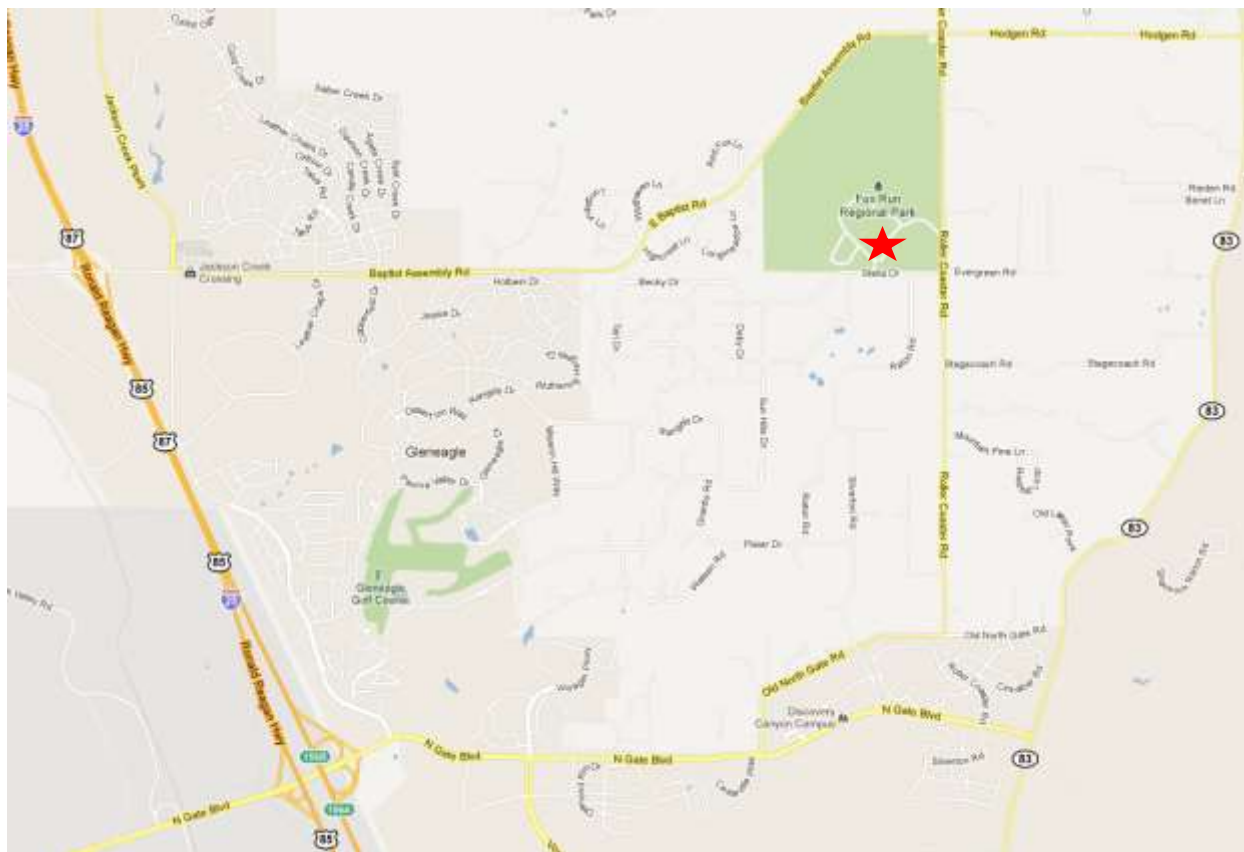
MileSplit link: <https://co.milesplit.com/meets/438876-ccal-championship-2021>

Make sure your rosters are current for the 2021 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. *NOTE – if you have to add athletes to your roster, remember that MileSplit uses High School graduation year, not Middle School.*

MA 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 6:00pm 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.



### Directions to Fox Run Regional Park

#### From I-25 North:

Exit 158, Baptist Rd. exit, off I-25.  
Go east (L) on Baptist Rd.  
Turn south (R) on Roller Coaster Rd.  
Pass the Fox Run Trailhead on your right.  
Turn west (R) on Stella Dr.  
Fox Run entrance is on your right.

#### From I-25 South:

Exit 156A, Northgate Blvd. exit, off I-25.  
Go east on Northgate Blvd.  
Turn north (L) on Roller Coaster Rd.  
Turn west (L) on Stella Dr.  
Fox Run entrance is on your right.

#### From Rt-83 North:

Turn west (R) on Hodgen Rd.  
Turn south (L) on Roller Coaster Rd.  
Pass the Fox Run Trailhead on your right.  
Turn west (R) on Stella Dr.  
Fox Run entrance is on your right.

#### From Rt-83 South:

Turn west (L) on Old North Gate Rd.  
Turn north (R) on Roller Coaster Rd.  
Turn west (L) on Stella Dr.  
Fox Run entrance is on your right.

*Be aware – speed limit on Roller Coaster Rd. is 35mph, and police are known to monitor often.*



