

2022 4A Section 2, 5A Sections 3, and 6A Section 3 AHSAA Cross Country Sectionals

Home of the AHSAA Cross Country State Champions:

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

Boys 2015, 2016, 2017, 2020

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 (All times are estimates):

1:30 pm	Registration Tent opens
2:45 pm	5A Girls 5K
3:15 pm	5A Boys 5k
3:45 pm	4A/6A Girls 5K
4:15 pm	4A/6A Boys 5K
5:00 pm	Awards Ceremony

We will run a 5A race and a combined 4A/6A race. At the conclusion of each race, the timer, Xpress Timing, will break out the results by classification.

Qualifying for State: The top 4 teams and the top 6 individuals not on those 4 teams will qualify for the State Championships on November 5, 2022. Please refer to the 2022 AHSAA Sports Book for further details.

Entries:

The entry fee is \$20 per athlete with a maximum of \$100 per school per individual race i.e. a school who has a Varsity Girls team and a Varsity Boys team would pay \$200. Check payable to American Christian Academy Cross Country. Please bring your entry fee to the meet. DO NOT MAIL THE CHECK TO ACA. The fee owed will be based on the number of athletes you register, NOT on the number of athletes who actually race. If you pay cash, please bring the exact monies owed as we will not be able to give change.

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 Sunday, October 23 at 10:00 pm Central. You will be able to slightly modify your entries on the day of the meet if you make the request to the Timer on site between 1:00 and 2:00 that day. Please make sure that your teams' roster has been updated included grade-level information prior to registration. Maximum of 10 athletes per school per race.

Each school must have competed in at least 3 meets during the season for the school to be eligible to compete at Sectionals.

Awards:

Top 2 teams in each Section will receive a trophy and the Top 7 athletes will receive a medal recognizing them as All-Section.

Course:

Grass and dirt trails. Spikes recommended.

Course Record:

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

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