

District V Cross Country Championship

Wednesday, October 28, 2009

Bedford County Technical Center

Time schedule:	3:00	Course touring
ESTIMATED	3:30	Head Coaches Meeting
	3:45	Girls Race
	4:30	Boys Race
	5:15	Awards

Facilities: Restrooms will be available until the end of the meet. All other areas will be off limits to athletes. Please remind your athletes to not be in other parts of the building. **NO SPIKES shall be worn inside any of the buildings.** There will be no locker room so have your athletes come dressed for the competition.

Entries: Each school may enter up to seven participants in the races with a cost of **\$10.00** each. Permission for exhibition runners must be obtained by the Meet Director. **Forms and Entry Fees must be returned by Oct.19 to (Meet Director) Wayne Sherlock, Northern Bedford County High School, 152 NBC Drive, Loysburg PA 16659. Checks made payable to "PIAA District V".**

Scoring: The first five runners will score. Team standings will be decided according to convention-the lowest aggregated score of the first five runners of each team.

Awards: Awards will be given following the boys race. A Girls and Boys District V Championship plaque will be awarded along with seven individual championship medals. The next five runners not on the winning team will be given a medal and qualify for advancement to the state meet.

Competitor's Uniform: Each competitor's uniform shall be in compliance with the NFHS Track and Field and Cross Country Rule Book and relevant PIAA adoptions and/or modifications.

Parking: After dropping off athletes all busses should park in field along course.

Refreshments: There will be a food stand set up serving refreshments.

Directions: A detailed set of directions is at the end of the information sheets

ADVANCEMENT TO THE STATE MEET

Coaches having an individual or team qualifying for the State Meet must pick up a copy of the instructions from the Meet Director (Wayne Sherlock) after the awards. All individual's full names, grades and school name must be provided. Coaches of the qualifying team must provide your team's information.

2009 PIAA District 5 Cross Country Championships

Please return this form, complete with entry fee, no later than October 19, 2009, in order to have your team compete in the PIAA District Cross Country Championships. **Return to (Meet Director) Wayne Sherlock, Northern Bedford High School, 152 NBC Drive, Loysburg PA 16659.**

Name of School _____

School Address _____

School Principal _____

Head Coach _____ **Phone #** _____

Entry Fee: \$10.00 per runner who will be competing. Only the top 5 will be counted toward the team score. Please use this form and list your athletes in order they will most likely finish in the race. Please LEGIBLY PRINT all runners' names and grade levels.

BOYS

Grade

GIRLS

Grade

Important Dates:

DV Cut Off Date: October 27th

Districts: Wednesday October 28th @ Bedford Vo-Tech

District Deadline: October 31st

PIAA Championships: November 7th

Reminder to schools that do not sponsor Cross Country as a District V Sport. The following is the position of the District V Committee:

- 1. Schools that do not sponsor cross country as a sport may enter individuals for competition in the District V Tournament.**
- 2. Each school must have a coach.**
- 3. All students must have a physical examination and maintain academic eligibility.**
- 4. Eligibility sheets must be made available to other schools participating in the District V Tournament.**
- 5. No school which has entered into a cooperative agreement with another school may enter contestants in individual competition.**

Directions to Bedford Technical Center:

The course is located behind the Tech Center, which is located just off Route 30 between Bedford and Everett.

From Everett: Follow Route 30 West about 2-3 miles outside of Everett, take the exit labeled Pennknoll Road. Continue on this road as it winds around the Bedford Hospital. At the stop sign, Make a left and cross the overpass. The Bedford County Technical Center is the first building on the left.

From Bedford: Take Route 30 East. After passing Wal-Mart, stay right and get off the first exit labeled Pennknoll Road. Keep left and turn left at the stop sign. The Bedford County Technical Center is the first building on the left.

There will be signs as to where spectators will be parking.