

District V Cross Country Championship

Wednesday, October 26, 2016
Bedford County Technical Center

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

Facilities: Restrooms will be available. Please remind your athletes to not be in any parts of the building. 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 **\$15.00** each. Permission for exhibition runners must be obtained by the Meet Director. **Forms and Entry Fees must be returned by Oct. 21st to (Game Manager) Rod Brumbaugh, Tussey Mt. High School, 199 Front St, Saxton, PA 16678. Phone # 635-2975 ext. 1192, Fax # 635-3713, E-Mail rbrumbaugh@tmsd.net. 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 girls race. Class A Girls District V Championship, Class A Boys District V Championship and Class AA Boys District V Championship plaque will be awarded along with ten individual championship medals for each team champion. 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 lot toward the park.

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

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 (Jerry Shoemake) 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.

2016 PIAA District 5 Cross Country Championships or District 5 and 8 Subregional

Please return this form, complete with entry fee, no later than **October 21, 2016**, in order to have your team compete in the PIAA District Cross Country Championships. **Return to (Game Manager) Rod Brumbaugh, Tussey Mt. High School, 199 Front St., Saxton, PA 16678. E-mail rbrumbaugh@tmsd.net this is preferred method.**

Name of School _____

School Address _____

School Principal _____

Head Coach _____ **Phone #** _____

Entry Fee: **\$15.00 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 25th

Districts: Wednesday October 26th @ Bedford Vo-Tech

District Deadline: October 29th

**PIAA Championships: November 5th @ Parkview CC,
Hershey, PA**

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.