

2023 Cross Country Championships

The 2023 Cross Country Championships will be held at Somerset High School on **Tuesday, October 24**. The rain date will be **Wednesday October 25**.

Schools listed on the PIAA as sponsoring Cross Country

"A"

Boys	Girls
Chestnut Ridge Foundations Christian Academy Johnstown Christian School Meyersdale North Star Northern Bedford Salisbury Somerset Christian Southern Fulton Turkeyfoot Windber Perry Academy Pittsburgh CAPA Westinghouse	Chestnut Ridge Foundations Christian Academy Hope for Hyndman Johnstown Christian School Meyersdale North Star Northern Bedford Salisbury Somerset Christian Southern Fulton Turkeyfoot Windber Perry Westinghouse
<p>PIAA Qualifiers Top 2 teams Top 10 individuals not on top 2 teams</p>	<p>PIAA Qualifiers Top 2 teams Top 10 individuals not on top 2 teams</p>

"AA"

Boys	Girls
Bedford Somerset Carrick Obama	Bedford Somerset Carrick Obama Pittsburgh CAPA
<p>PIAA Qualifiers Top team Top 5 individuals not on top team</p>	<p>PIAA Qualifiers Top team Top 5 individuals not on top team</p>

The schedule, entry form and information are included in this packet. If you have any questions, feel free to contact Scott Close at sclose@sasd.us or 814-444-3230.

District V/VIII Cross Country Championship
Tuesday, October 24, 2023
Inclement weather date: Wednesday October 25, 2023
Somerset High School

Time schedule:	2:30	Course touring
ESTIMATED	3:00	Head Coaches Meeting
	3:15	Girls A Race
	3:45	Girls AA Race
	4:15	Boys A Race
	4:45	Boys AA Race
	5:30	Awards

Facilities: Restrooms will be available. Please remind your athletes to not be in any other parts of the school. 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 Scott Close, 645 South Columbia Avenue, Somerset, PA 15501. Phone # cell 814-233-5550, school 814-443-2831, E-Mail sclose@sasd.us. 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. District Championship Team plaques will be awarded along with ten individual championship medals for each team champion. The next five/ten 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: ** Note: We will be starting on our JH soccer field which sits up on top of the complex. This is different from our normal meets. All buses should park in the student parking lot to drop off athletes. Dismissal at Somerset begins at 2:50, so please have teams dropped off by 2:30 to avoid gridlock.

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 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.

2023 PIAA District 5/8 Cross Country Championships

Please return this form, complete with entry fee, no later than **October 21, 2023**, in order to have your team compete in the PIAA District Cross Country Championships. **Return to Scott Close. E-Mail sclose@sasd.us is preferred method. Check may be sent to Scott Close, D5 XC Chair, 645 South Columbia Avenue, Somerset, PA 15501. My Phone (cell) 814-233-5550, (school) 814-444-3230.**

Name of School _____

School Address _____

Head Coach _____

Head Coach E-mail _____ 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:

District Championship: Tuesday, October 24th @ Somerset HS
PIAA Championships: November 4th @ Parkview CC,
Hershey, PA

Reminder to schools that do not sponsor Cross Country as a District V/VII 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/VIII 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/VIII Tournament.**
- 5. No school which has entered into a cooperative agreement with another school may enter contestants in individual competition.**

Directions to Somerset HS:

The course is located behind the Jr/Sr High school. Please pull in to student parking lot, which is located on the right side of the complex when facing it. It will be denoted with cones for bus parking.

** Note: We will be starting on our JH soccer field which sits up on top of the complex. This is different from our normal meets.

From Bedford: If coming in on Rt 31, it becomes Main St. Counting the stoplight at the train tracks, you will get to the 4th light (be in left lane) and make left on to Franklin Ave. Proceed past football stadium and make left into school complex. Parking will be in student lot, which is first lot on right.

From Turnpike: Take turnpike exit road to 2nd stoplight. Turn Right onto Center Ave. Take Center Ave to 3rd stop light. Turn Right onto Main St and proceed to 3rd stoplight (be in left lane). Make left on to Franklin. Proceed past football stadium and make left into school complex. Parking will be in student lot, which is first lot on right.

Spectators may park in any of the lots AFTER 3:00. Dismissal will be complete by 3:00pm, so spectators should wait until after 3:00 to avoid congestion.