Regional Cross Country Meet
Region 1
Monday October 28, 2019

**Location:** Mae Simmons Park, MLK Blvd & 24th Street, Lubbock.

**Official Time:** All times are central standard time. Official time can be determined at www.time.gov.

**Order of Race:**

<table>
<thead>
<tr>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>*6A</td>
<td>9:00 am</td>
</tr>
<tr>
<td>1A</td>
<td>10:00 am</td>
</tr>
<tr>
<td>2A</td>
<td>11:00 am</td>
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<tr>
<td>3A</td>
<td>12:00 pm</td>
</tr>
<tr>
<td>4A</td>
<td>1:00 pm</td>
</tr>
<tr>
<td>*5A</td>
<td>2:00 pm</td>
</tr>
</tbody>
</table>

**Race Lengths:**

1A, 2A, 3A, and 4A Girls will run approximately 2 miles (3200 meters).

5A & 6A Girls and all Boys and will run approximately 3 miles (5000 meters).

**Regional Entries: Certification:**

COACHES MUST REGISTER THEIR RUNNERS on line at www.directathletics.com. The Deadline for regional entries with Direct Athletics is... Tuesday, October 22nd by 5:00 pm. Due to the volume of information, it will not be possible to confirm receipt of entries

District Results / Regional Qualifiers must be emailed and faxed immediately after their district meet by each district meet director to...

Kellyn Schneider at kellyn.schneider@ttu.edu
Fax: (806) 742-1660

**Meet Director Mike Meeks:**

The regional meet director has full authority for management of the meet

Meet Director Mike Meeks at: mike.meeks@lubbockisd.org
Cell: 806-239-4791

**Qualifiers:**

The top three teams and the top ten individuals shall qualify from district. Additional individuals may not be moved into the top 10 qualifiers if any of the first 10 qualifiers are also on a team.

Substitutions may be made on a team which has qualified for the regional meet.

NO Substitutions for runners who qualified as an individual, but whose team did not qualify.

Sunday: all spelling corrections and substitutions shall be made at packet pick up.

Monday: all substitutions shall be made down at the computer vehicle at the finish line.

**Runner Fees:**

$20 fee per runner... Please mail all checks payable and mail to...

Texas Tech UIL
Box 45035
Lubbock, TX 79409

ALL FEES MUST BE RECEIVED and paid in full prior to a school receiving their race packets and being able to compete. CREDIT CARDS WILL BE ACCEPTED.

All schools and districts paying for multiple high schools should indicate the schools and amount for each school on the check stub or an attached sheet.

To help assure fees are received, it is suggested that after Monday, October 21st schools should hand carry fees to the packet pick up and not rely on the mail to get it to TTU UIL on time.
UIL Race Course
Restriction:
The entire race course is CLOSED on Sunday morning until noon. No high school athlete may enter, walk, or run the course until after 12:00pm on Sunday.

Race Day Results:
Race results should be available on race day at...
http://www.mychiptime.com/searchevent.php?id=10908

Race Packet Pick Up:
Race packets will be available at the school’s west entrance at 24th & Oak Avenue.

Sunday: fees may be paid and race packets picked up at the school, 4:30 - 6:00 pm.
Monday: schools may pick up their packets beginning one hour prior to their scheduled race.

Monday Packet Pick up times…
6A – 8 am
1A – 9 am
2A – 10 am
3A – 11 am
4A – 12 pm
5A – 1 pm

Block Assignment:
Schools are randomly assigned a block number from which they shall stage and start the race.
Block numbers are reflected on the tag appearing on the front of a school’s packet.
Block # 1 is nearest the hill…block # 32 is nearest the water.

Timing Chips Race Numbers:
Timing chip are incorporated into the race-bib / race number. Race numbers are in race packet.
Race number must be visibly displayed and each corner pinned to the front of the jersey.
Alternates are not assigned race numbers and they may not participate in any race.

Uniforms:
Each competitor shall wear a school issued track top and bottom or one-piece uniform and be of the same color and design per the NFHS specifications. Bare midriffs are not allowed for participants. Team members must all be in same undergarment color (if worn) and length of sleeve or leg garment does not matter.
Visible undergarments must meet the NFHS specifications.
Visible undergarments that drop below the knee must be a solid color.
Male participants must wear a loose-fitting track bottom, and they must wear shorts over the one-piece suit of compression style bottoms.
Closed leg briefs are acceptable for girls, however high-cut apparel shall not be worn.

Monday Warm Up:
Monday: beginning at 8:45 am, the course is CLOSED. Afterward runners must remain off the course and may not warm-up on the regional course.
Schools may not mark the course in any fashion; violators will be subject to disqualification.

Report Time:
All runners should report to the area behind the starting line a minimum of 15 minutes prior to their event and must be ready to run at the scheduled time.

Chute Procedures:
Each runner should run through the finish line and down the entire length of the chute.
Timing chips & runner bibs are disposable and will not be collected in the corral.

Awards Ceremony:
The awards ceremony will take place in the school gymnasium at the top of the hill approximately 30 minutes after each race is certified. Awards are presented through the top 10 finishers.

Trainers:
Certified trainers will be available near the starting line, the finish line and north of the bridge.

Spectators:
Spectators must stay off the race course as marked and away from the starting line and finish line.

Regional T-Shirts:
Commemorative t-shirts, sweatshirts, hats, and 2019 pins will be available for purchase in the gymnasium Sunday afternoon after 4:00 and all day Monday.
Schools are encouraged to pre-order to save time and help prevent long lines.
Monday - School Classes: Please be aware there are classes being held in the host school on Monday. Be considerate of others in and around the school building and when parking.

Restroom Facilities: There are no public restrooms available in the school or gymnasium. Portable toilets are located near the starting line and near the gymnasium at the top of the hill. Indoor restrooms are located at the bottom of the hill east of the pavilion.

Regional Information: District results / regional qualifiers and coaches reports should be emailed or faxed to…

Kellyn Schneider at: kellyn.schneider@ttu.edu
Fax: 806.742-1660

Due to the volume of entries, it will not be possible to confirm receipt of entries.

Appreciations: We would like to offer special thanks to Lubbock ISD, Lubbock Sports and Texas Tech University for their support of the regional meet.

Results should be available on race day at…
http://www.mychiptime.com/searchevent.php?id=10908