



# Regional Cross Country Meets

## Region 1

### November 7, 2009

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**Location:** Mae Simmons Park, MLK & 24<sup>th</sup> Street, Lubbock.

**Official Time** Race times are central standard. Official time can be checked at [www.time.gov/](http://www.time.gov/).

**Order of Race:**

<i>Girls</i>	2A	9:00 am		2A	9:30 am
	3A	10:00 am		3A	10:30 am
	4A	11:00 am		4A	11:30 am
	5A	12 noon		5A	12:30 pm
	1A	1:00 pm		1A	1:30 pm

**Race Lengths:** The girls' will run approximately 2 miles (3200 meters).  
The boys' will run approximately 3 miles (5000 meters).

**Friday Practice:** **UIL Restriction:** The course is closed to students (walking or running) until **after 2:30 pm**.

**Regional Entries:** **COACHES MUST REGISTER their RUNNERS on line at [www.directathletics.com](http://www.directathletics.com).**  
**Certification:** **District results** must be certified by that meet director and faxed immediately after their district meet to the regional meet director.  
The **Deadline** for regional entries is **5 pm, Monday, November 2<sup>nd</sup>**.

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

**Substitutions** Substitutions may be made on the team which has qualified for the regional meet.  
All substitutions made on **Friday** shall be made in the gymnasium.  
All substitutions made on **Saturday** shall be made at the computer truck at the finish line.  
Substitutions may NOT be made for a runner who qualified as an individual but their team did not qualify.

**Fees:** There is a **\$15 fee per runner**. Please make checks payable to **Texas Tech – UIL**.  
*All fees* must be received and paid in full prior to a coach receiving their race packets and numbers.

**Race Packet Pick Up:** Race packets will be available in the school cafeteria at 24<sup>th</sup> & Oak Avenue...  
**\*Friday;** packets should be available for pickup on Friday 4:30 through 6 pm.  
**\*Saturday;** schools should pick up their packets one hour prior to their classes scheduled race;

**Sat. Pick up... 2A - 8 am, 3A - 9 am, 4A - 10 am, 5A - 11 am, 1A - noon**

**Block Assignment:** Runners are randomly assigned a block number from which they must 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** Timing chips will be assigned and worn on each shoe. Chips & race numbers are in packet.
- Race Numbers:** Race numbers 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.
- Equipment:** Runners may not wear caps, toboggans or headbands. If leotards or bodysuits are worn by boys, shorts must be worn over the leotards or suits. A “runner’s watch” shall be the only jewelry permitted. In the case of inclement weather the meet referee may approve the above items or other equipment or apparel.
- 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 chute.
- 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 limn, the finish line and north of the bridge. Coaches and parents should observe any runner with a history of health issues throughout the race.
- Spectators:** Spectator must stay off the course as marked, away from the starting line and finish line.
- Regional T-Shirts:** Commemorative t-shirts, sweatshirts, hats, and pins will be available for purchase in the gymnasium both Friday afternoon and Saturday. Schools are encouraged to pre-order to prevent ling lines and thus save time.
- Housing:** Each school is responsible for its own housing. There is no Texas Tech Red Raider football game on Saturday.
- Restroom Facilities:** There are no public restrooms available in the school or gymnasium. Chemical toilets are located near the starting line and near the gymnasium at the top of the hill.
- Special Thanks:** Lubbock ISD, Lubbock Sports Authority and City of Lubbock.
- Hosted by:** Texas Tech University UIL



**Meet Director:**

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The Meet Director is responsible for and has full authority for the conduct and management of the cross country regional meet!

