Conference 1A-6A  Region 1
Cross Country Meet Handbook

Date:  Monday & Tuesday, October 24-25, 2022

Location:  Mae Simmons Park
2004 Oak Ave, Lubbock
Mae Simmons Park

Meet Director:  Mike Meeks
Lubbock ISD
O 806-219-0102
M 806-239-4791
mike.meeks@lubbockisd.org

Regional Director:  Tommy Simmons
Texas Tech University
O 806-834-3391
M 806-549-7773
tommy.simmons@ttu.edu

Bus Parking:  Click here for Bus Parking Map

Official Time:  All times are central standard time. Official time at:  Time.gov

Schedule:  Monday October 24, 2022
4A Girls  9:00 AM  4A Boys  9:30 AM
6A Girls  10:30 AM  6A Boys  11:10 AM
2A Girls  12:10 PM  2A Boys  12:40 PM

Schedule:  Tuesday October 25, 2022
3A Girls  9:00 AM  3A Boys  9:30 AM
5A Girls  10:30 AM  5A Boys  11:10 AM
1A Girls  12:10 PM  1A Boys  12:40 PM

Race Length:  1A, 2A, 3A, 4A, Girls will run 2 miles (3200 meters)
Boys Divisions, and 5A & 6A Girls will run 3 miles (5000 meters)
⭐ **District Meet Directors**

Certification: District Results / Regional Qualifiers

Please email all qualifiers to Regional Director ASAP following the District Meet
tommy.simmons@ttu.edu

⭐ **Coaches**

Regional Entries: Coach’s entries will be made on [www.directathletics.com](http://www.directathletics.com)

Deadline for entries on Direct Athletics: 5:00 PM - Tuesday, April 18, 2022

- If you do not have an account on Direct Athletics you will need to create one.
- Schools will be charged $25 for each race number issued. NO REFUNDS
- Do not register alternates.

Please make certain to:

- [ ] Register your qualifiers in Region 1
- [ ] Register in the correct classification (1A - 6A)
- [ ] Register the boys in the boys and the girls in the girls races
- [ ] Make sure that all names are spelled correctly

**Runner Fees:** $25 fee per runner.

Mail checks to: Texas Tech UIL

Box 45035

Lubbock, Texas 79409-5035

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 17th schools should hand carry fees to the packet pick up and not rely on the mail for timely receipt.
**Qualifiers:**
- The top three teams from each district.
- The top ten individuals from each 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.

**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 noon on Sunday.

**Substitutions: 2A, 4A, 6A**
- Sunday, spelling corrections and substitutions - at packet pick up.
- Monday: all substitutions can be made at the finish line.

**Substitutions: 1A, 3A, 5A**
- Monday, spelling corrections and substitutions - at packet pick up.
- Tuesday, all substitutions can be made at the finish line.

[Click here for Course Map](#)

**Race Day Results Posted on Race Day:**
- [MCT: UIL Region I Cross Country Championships 2022](#)

**T-Shirts and Merchandise:**
[SHOP | UIL and School](#)
Race Packet Pick Up Race:

- Packets will be available at the school's west entrance at 24th & Oak Avenue.

Sunday: Fee Payment and Packet Pick Up
2A, 4A, 6A: 4:30-6:00 PM

Monday: Fee Payment and Packet Pick Up
4A - 8:00 AM
6A - 9:00 AM
2A - 10:00 AM

Monday: Fee Payment and Packet Pick Up
1A, 3A, 5A: 4:30-6:00 PM

Tuesday: Fee Payment and Packet Pick Up
3A - 8:00 AM
5A - 9:00 AM
1A - 10:00 AM

Block Assignments:

- 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 to the water.

Race Numbers / Timing Chips:

- Timing chips are incorporated into the race-bib / race number. Race numbers are in the 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. ALL RUNNERS MUST COMPLETE THE RACE WITH A BIB NUMBER
• **Uniforms:**
  
  • Each competitor must 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.
  
  • Any visible garments worn underneath the uniform top and/or bottom is considered a foundation garment.
  
  • Foundation garments are not subject to logo/trademark/reference or color restrictions.
  
  • Additional restrictions for relay teams and cross country teams:
    ○ All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as uniform that members are from the same team.
  
  • The official should be able to identify all members from a team.
  
  • Closed leg briefs are acceptable for girls, however high-cut apparel cannot be worn.

**Race Day Warm Up:**

• Warm Up 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.
- Coaches and parents should observe any runner with a history of health issues throughout the race.

Spectators:

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

Monday and Tuesday 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!
- Chemical 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.
BOOK YOUR ACCOMMODATIONS NOW

www.mcmelegante.com

Call Janie Zuniga:
806-740-9960
janie@mcmelegante.com

801 Ave Q
Lubbock, Texas 79401

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Best Western Plus Windsor Inn
5410 I-27, Lubbock

Days Inn
6025 Avenue A, Lubbock

Comfort Inn & Suites
6510 I-27, South Lubbock

CONTACT:
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