



Regional Cross Country Meet

Region 1

Monday November 9, 2020



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/.

<i>Girls</i>	1A	8:00 am		1A	8:30 am
	3A	11:00 am		3A	11:30 am
	5A	2:00 pm		5A	2:30 pm
				<i>Boys</i>	

Race Lengths: 1A, 2A, 3A, and 4A Girls will run approximately 2 miles (3200 meters).
5A & 6A Girls and all Boys will run approximately 3 miles (5000 meters).

Regional Entries: **COACHES MUST REGISTER THEIR RUNNERS on line at www.directathletics.com.**
Certification: **The Deadline for regional entries with Direct Athletics is... Tuesday, November 3rd by 5:00 pm.**
 Due to the volume of information, it will not be possible to confirm receipt of entries

District Results / Regional Qualifiers and Coaches Reports (see below) 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**
 All questions regarding management and technical conduct of the meet can be directed to...
Meet Director Mike Meeks at: mike.meeks@lubbockisd.org
Cell: 806-239-4791

Qualifiers: 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, November 2nd** 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 will be available **ONLINE ONLY** 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: 1A fees may be paid and race packets picked up at the school, **4:00 - 5:30 pm**.

Monday & Tuesday: schools may pick up their packets beginning two hours prior to their scheduled race.

Sunday Packet Pick up times...

1A – 4pm – 6pm

Monday Packet Pick up times...

3A – 9 am

5A – 12 pm

2A – 4pm

Tuesday Packet Pick up times...

4A – 9 am

6A – 12 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 NFH specifications. Bare midriiffs 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.

Warm Up:

Monday & Tuesday: beginning at 7:45 am, the course is CLOSED. Afterward runners must remain off the 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 at the bottom of the hill approximately 30 minutes after each race is certified.

Trainers:

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

Spectators:

Spectators must stay on the perimeter of the race course as marked and away from the starting line and finish line.

Regional T-Shirts: Commemorative t-shirts, sweatshirts, hats, and 2020 pins will be available for purchase in the gymnasium **Sunday afternoon after 4:00 and all day Monday & Tuesday.** 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 & Tuesday. 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 (see below) 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>



Region I Cross Country Championships



- ★ Coaches must register runners on www.directathletics.com.
- ★ Coaches should complete this form and then email and fax it by **5:00 pm, Tuesday, November 3rd** to...

Kellyn Schneider:
(kellyn.schneider@ttu.edu)
or Fax: 806-742-1660
 Texas Tech UIL
 Box 45035
 Lubbock, TX 79409

Confirmation of receipt of each schools' entry will not be possible.

Girls Boys
 Conference 1A 2A 3A 4A 5A 6A
 District 1 2 3 4 5 6 7 8

School _____

Coach _____

Office Phone () _____

Home Phone () _____

Cell Phone () _____

Fax # () _____

E-Mail _____



Please Type or Print Names Alphabetically

Grade

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Please email or fax this form (not fees) by **5 pm, Tuesday, November 3rd**