

2015 Eastern Regional Cross Country Championship Meets

Memo To: Cross Country Coaches

From: David Jeffrey, Meet Director (Phone #: W: 989-4140 ext. 1306, H: 825-3403, djeffrey@breweredu.org)

Subject: Directions for 2015 Eastern Regional Cross Country Championship Meets.

Date: October 24, 2015

Site: Troy Howard Middle School, Belfast

Race Schedule:

A - Girls 11:00 a.m. ; Boys 11:35 a.m.

B- Girls 12:10 p.m. ; Boys 12:45 p.m.

C - Girls 1:20 p.m. ; Boys 1:55 p.m.

Awards: The awards ceremonies will take place at the conclusion of the boys' race in each class.

Trophies and medals will be presented to the 1st and 2nd place teams. Medals will be presented to the top 10 finishers in each class.

Qualifications for State Meet:

Team - One half of the teams that start the race will qualify for the State Meet. The exact number of teams qualifying will be derived at the starting line and announced.

Individual -The top 30 in all classes will qualify for State Meet

General Information:

- 1) Locker rooms/bathrooms are available for all athletes. Porta-Potties on field.
- 2) Buses should drop off athletes and park per instructions of parking guide.
- 3) Races will be run according to the time schedule. Teams are expected to be at the starting line **15 minutes** before the scheduled start time. There will be a Coaches/ Captains (1 per team) meeting at the starting line 20 minutes before the start of the girls race. All teams must be represented.
- 4) Teams may inspect the course upon arrival as long as they don't interfere with races in progress. **Please** be careful not to impede a race in progress.
- 5) To get to the Troy Howard Middle school, go to only light on Route 1 (just past/before MBNA) and turn on to route 52 heading west. The school is about one half mile down on right, a large brick building with a green roof.
- 6) There will be concessions available on site.
- 7) There will be Eastern regional XC T-shirts on sale, as well as, Sweat shirts. For reservations call Phil Georgetti: Action Screenprint 795-7786.
- 8) There will be a trainer available on site.
- 9) If you would like to view the course before the week of Regionals, you may contact Terry Kenniston, the Belfast AD (338-1790, ext. 305) of your intentions. Please keep out the way of any Middle School activity that may be in progress.