

2024 South Regional Cross Country Championship Meets

Memo: **Cross Country Coaches & Schools**
From: Mike Griffin Meet Director (Phone #: C: 837-4346, mgriffin@sad15.org)
Subject: *2024 MPA South Regional Cross Country Meet Information*
Date: Saturday Oct 26, 2024
Site: **Twin Brook Recreation Facility, 185 Tuttle Road, Cumberland 04021**

Race Schedule: C – Boys 11:00 ; Girls 11:40
 A – Boys 12:20 ; Girls 1:00
 B – Boys 1:40 ; Girls 2:20

Entries: All entries must be entered on me.milesplit by **8:00 p.m. on Monday October 21, 2024**. Rosters will be posted on Sub5.com Tuesday October 22, 2024. Enter all potential runners up to 10 for each gender in case changes need to be made. This will be the eligibility list for Regional and State Meets.

Awards: The awards ceremonies will take place at the conclusion of the girls' race in each class (Field above Red Shelter Building). **Top 30:** Qualify for **STATE Meet**. Individuals will be announced & recognized. **Medals will be presented to the top 10 finishers in each class.**

Regional Championship plaques and medals will be presented to the 1st and 2nd place teams.

Results: Posted on Shelter Building (approximately 10-15 minutes) before start of Awards. ****Coaches check before Awards****

- **Qualifications for the State Meet:**
 - **Team** - Half of the full teams (minimum 5 runners) that start the race will qualify for the State Meet.
 - **Individuals**-The top 30 in each class will qualify for the State Meet.
- **Qualifying Individuals & Teams are expected to compete. If a school does not intend to participate, they must notify the Cross-Country Committee Chair by Monday Oct 23.**

Packets: Check-in & Packets will be at table by **Finish Area (1 Front # + 2 Hip #)** - 9:00 a.m. Scratches at check-in.

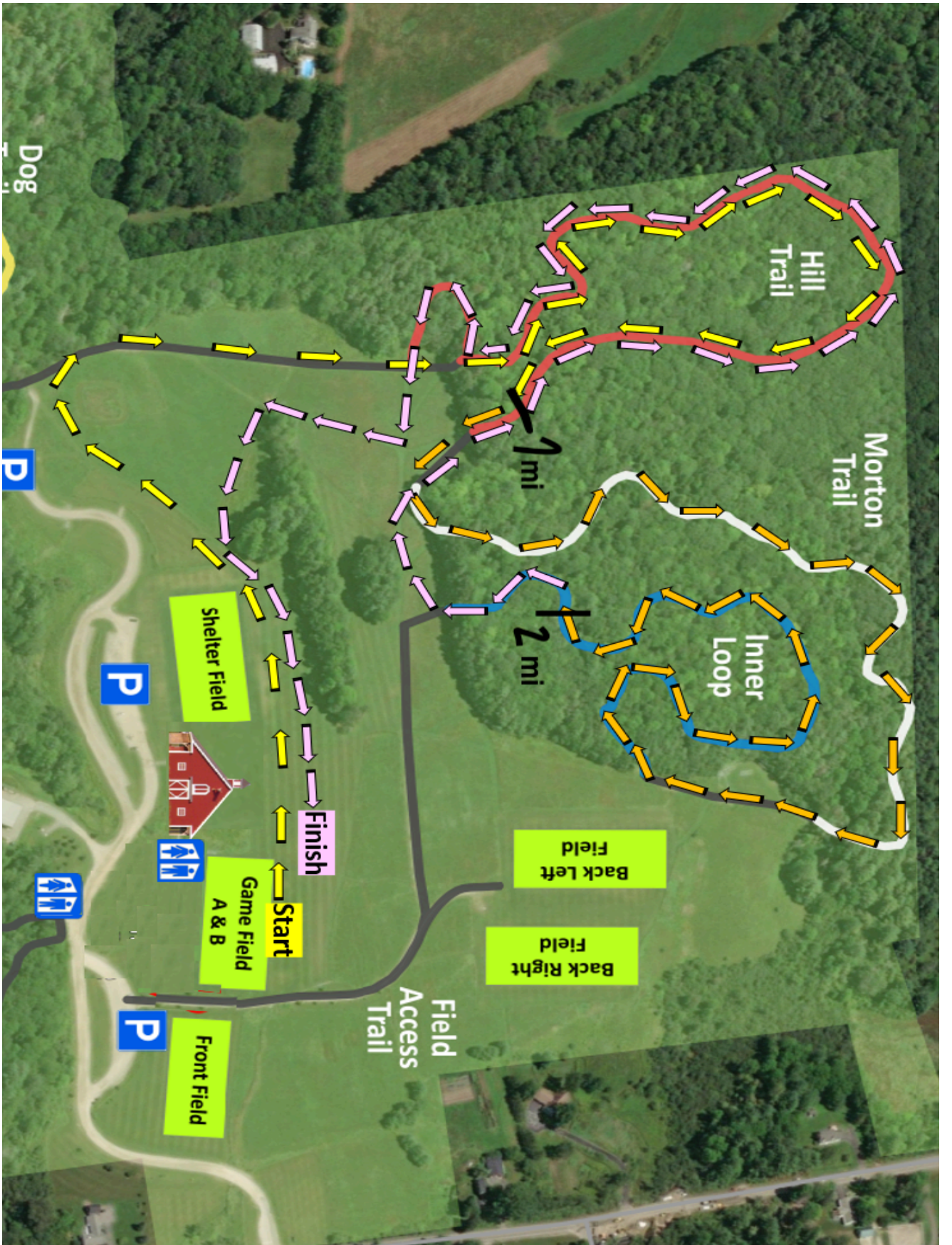
- **Drop-off:** Bus may drop off teams at the first loop of Twin Brook facility. Bus will leave the facility and park at the Greely Rd Twin Brook facility lot (168 Greely Rd 04021)/overflow- MS- 351 Tuttle Rd.
- **Pick-up:** Coach should call the bus driver to return to the first loop when the team is ready to depart the facility. Please don't re-enter if the team is not ready to load and depart.
- **Athletic Trainer** will be on site- please bring school wrap/tape for your athletes.
 - Teams should prepare to support their runners at the end of each race **
 - Teams are responsible for water & hydration

General Information:

**** Spectator Parking shuttled to park from school area 351 Tuttle Rd or 168 Greely Rd entrance ****

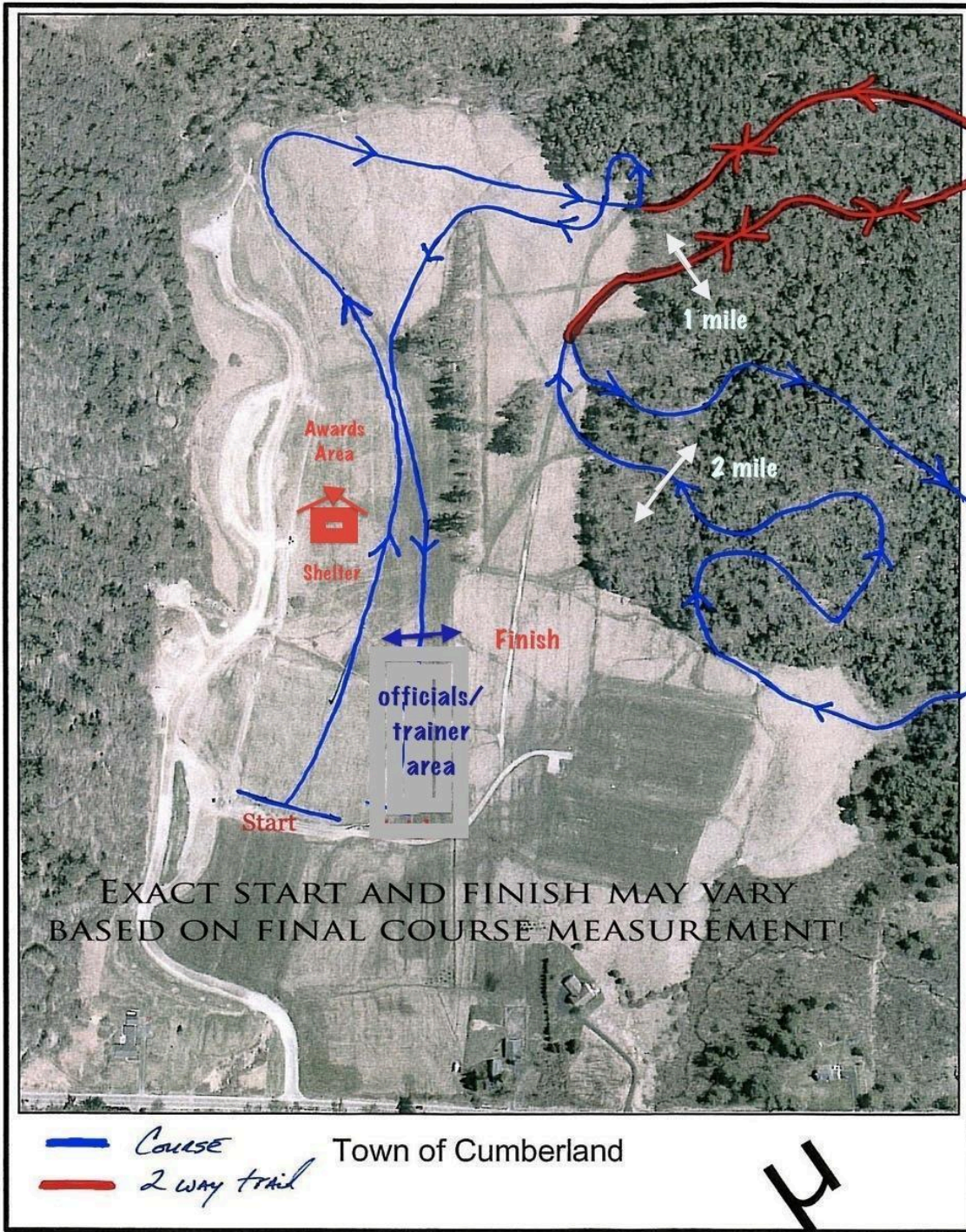
- **No Dogs permitted at facility.**
- 1. Races will be run according to the time schedule. Teams are expected to be at the starting line **15 minutes** before the scheduled start time.
- 2. Teams may inspect the course upon arrival as long as they don't interfere with races in progress. **Please be careful not to impede a race in progress. **Course open to preview until 10/19 and again Friday 10/25.**
- 3. There will be concessions available on site provided by the *Greely Basketball Boosters*.
- 4. There will be MPA State XC T-shirts on sale from Northwest Designs Ink. Their link can be found on the MPA website under Championship Apparel or by clicking on the link below:
[MPA-Maine Principal's Association- Northwest Designs Ink \(nwd.ink\)](http://MPA-Maine Principal's Association- Northwest Designs Ink (nwd.ink))

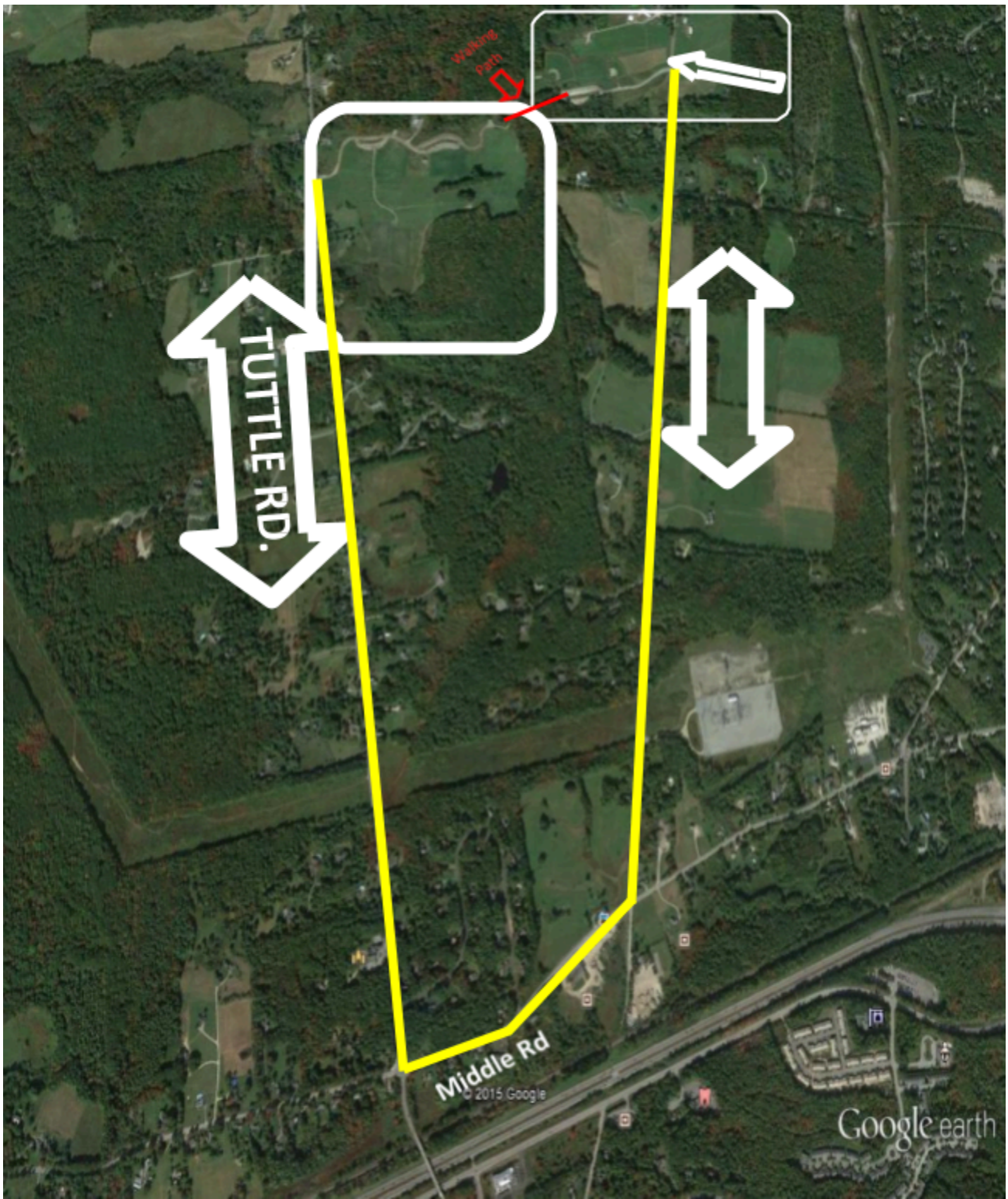
****Good luck to all participants! South Regional Crew****



Twinbrook XC 5k High School Course- 185 Tuttle Rd 04021

Twin Brook Course





X-C Bus Parking Map

Twin Brook, Cumberland, ME