

AIA Section II
Cross Country Championships
Friday, October 29, 2010
Flagstaff, AZ

Location:

Buffalo Park, 2400 N Gemini Rd., Flagstaff, AZ 86001

Facilities: There will be porta potties available, but no locker room or showers.

Parking:

You may drop off the team and equipment at the park entrance, but busses must park off site at Coconino high school or Flagstaff high school. There is limited spectator parking on site.

Athletic Trainers: will be on site.

Entry Fee: AIA spectator entry fee of \$5.

PLEASE inform your parents so they are not shocked when they get to the park.

Time Schedule:

2:30 D III Section II boys

3:00 D III Section II girls

3:30 D IV Section II boys

4:00 D IV Section II girls

Awards:

Medals will be awarded to the top fourteen (14) in each section.

Division III awards will be presented at 3:45 pm by the Ramada

Division IV awards will be presented at 4:45 pm by the Ramada

Games Committee:

Jeannine Brandel Flagstaff Athletic Director

Trina Painter Flagstaff

Mike Elder NPA

Jim Bostwick Mingus

Rick Baker Hopi

Mike O'Callahan Camp Verde

Preston Johnson Coconino Athletic Director

Course:

The course is 3 miles on the hard packed dirt trail with one significant hill in the first 800m at Buffalo Park. A copy of the map is attached.

Course walk through: 9:00am-1:00pm on Friday, October 29th.

Rules: Rules are those of the current edition of the National Federation Track and Field/ Cross Country Rules and Records, AIA Constitution and Bylaws and these tournament instructions.

Remember: Section 6 competitor's uniform Art.7 page 71 ...*Contestants shall not wear jewelry.* Penalty: (All articles) for illegal uniform, the competitor is disqualified from the event.

Meet Directors:

Jeannine Brandel- FHS Athletic Director
Trina Painter- FHS XC Coach

Entry Procedure:

Each team must designate no more than seven runners. Entries are to be submitted online at www.athletic.net Entry deadline is Monday, October 25. Changes to your entries will be allowed at check in. Please add this meet and the State meet to your account calendars. IF you do NOT have an Athletic.net account you need to allow several days for your account to be set.

State Qualification:

The top 50% of **scoring teams** of five or more runners and any individual in the top twenty (20) will advance to the state meet. If there is an odd number of teams competing, the number of qualifying teams will be rounded up. Thus, 17 scoring teams = 9 qualifiers.

State Entries:

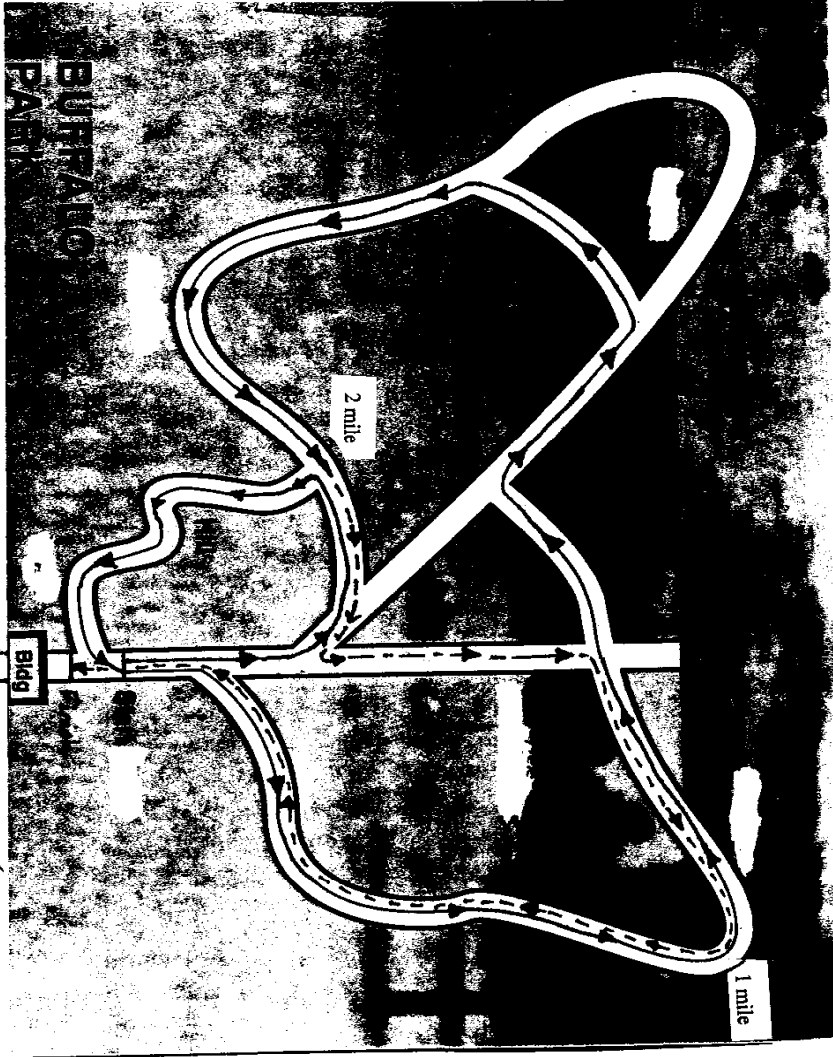
All Entries for the State Cross Country Championships are to be made by the coaches online at www.athletic.net. **Deadline** for entries is **Monday, November 1, 2010** by 12:00 PM.

State Meet: November 6th at Cave Creek Golf Course in Phoenix.

Division IV Boys: 9:00 AM
Division IV Girls: 9:30 AM
Division III Boys: 10:00 AM
Division III Girls: 10:30 AM
Division II Boys: 11:00 AM
Division II Girls: 11:30 AM
Division I Boys: 12:00 PM
Division I Girls: 12:30 PM

Sectional Start Boxes

	Division 3	Division 4
1	Chinle	
2	Payson	Red Mesa
3	Holbrook	Many Farms
4	Flagstaff	Hopi
5	Snowflake	Cibique
6	Show Low	Rock Point
7	Ganado	St Michaels
8	Chino Valley	Mayer
9	Alchesay	Sedona
10	Blue Ridge	Greyhills
11	Winslow	Shonto Prep
12	Page	Rough Rock
13	Monument Valle	Valley Sanders
14	Coconino	NPA
15	Window Rock	Camp Verde
16	Mingus	Pinon
17	Tuba City	The Orme School
	<p><u>Race Times:</u> 2:30 Sect. 3 Boys 3:00 Sect. 3 Girls</p>	<p><u>Race Times:</u> 3:30 Sect. 4 Boys 4:00 Sect. 4 Girls</p>



Four Corners
 X-Country Invite
 Course - 3.0 mile

Bathrooms
 Team
 Camp
 Area

Start

Finish

Scoring

Solid Line — first two miles of the course.
 Dashed Line ---- last mile