

REGIONAL CROSS-COUNTRY CHAMPIONSHIPS

Friday, October 9, 2020

Northglenn Open Space

112th and Ranch Drive

1. The 4A Regional race will be held at Northglenn Open Space
2. Remember to bring water, shoes, uniform, socks, sweats and rain gear, etc. Bring plenty of warm clothes
3. **The Meet schedule: Please be at the meet one hour before you race.**

8:30AM Coaches Meeting at the Start Line

9:00AM Wave A Varsity Boys

9:02 AM Wave B Varsity Boys

9:04 AM Wave C Varsity Boys

9:45-10:00AM Boys Awards

- **Boys clear the Park. Boys cannot be at the park when the girls run.**

10:30 AM Wave A Varsity Girls

10:32 Wave B Varsity Girls

10:34 AM Wave C Varsity Girls

11:15AM Girls Awards

4. The course will be marked with a chalk line, cones and flags. Times will be called at the 1- and 2-mile marks. The Course is a mix of grass, dirt, trails and cement.
5. Please be responsible for yourself and know when your race will be held. Familiarize yourself with the area, learn the start and finish locations. Warm-up 20 to 45 minutes prior to the start of your race.
6. Schools participating in the Regional meet are:
Air Academy, Aurora Central, Coronado, Discovery Canyon, Falcon, Gateway, Lewis Palmer, Littleton, Palmer, Palmer Ridge, Ponderosa, Sand Creek, Wheat Ridge
7. The top three teams will qualify for state. Top two individuals not on a qualifying team qualify for state.
8. Please remember to clean up the area before you leave.
9. If you have any questions please see Scott, Judy, or Dan.

Be polite and conduct yourself with good sportsmanship and thoughtful manners at all times. We are proud of you and we want to show how classy we are as a school and team. Thank you.



North

West ← → East

South

Bathrooms

Start

1 mile

Key:

2 mile

3+1 mile

Reservoir

BUS PARKING

No Parking on the road

BUS PARKING

Bridges

1 Miles

Sidewalk

Bridges

112th Avenue

TEAM CAMP AREA

bathrooms

Spectator parking in neighborhood

Parking

Kennedy Dr