

REGIONAL CROSS COUNTRY CHAMPIONSHIPS

Thursday, October 24, 2024

North Monument Valley Park

Colorado Springs, CO

1. The 4A Regional race will be held at North Monument Park, Colorado Springs, CO.

2. You will be excused from school for the day

3. We will have vehicles for this meet. Meet at school at 9:30, we will leave at 10:00.

4. Remember to bring: shoes, uniform, socks, sweats and rain gear, etc. Bring plenty of warm clothes.

5. **The Meet schedule:**

1:00 - Coaches meeting (all 3A, 4A and 5A coaches)

2:00 - Girls 4A Region 2 varsity

2:30 -Girls 5A Region 5 varsity

3:00 - Boys 3A Region 2 varsity

3:30 - Boys 4A Region 2 varsity

4:00 - Boys 5A Region 2 varsity

Awards: 4:30 p.m. ish

6. The course will be marked with a chalk line, cones and flags.

7. 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 prior to the start of your race.

8. Schools participating in the Regional meet are:

Adams City Alameda, Aurora Central, Discovery Canyon, Elizabeth, Green Mountain, Lewis Palmer, Littleton, Mullen, Palmer Ridge, Ponderosa, Stanley Lake, Thomas Jefferson, Wheat Ridge

9. The top four teams will qualify for state. All individuals who place in the top 15 will advance to state even if their team does not qualify.

10. Please remember to clean up our area before you leave.

11. If you have any questions please see Scott, Judy, Dan or Ben.

12. Please bring money, we will stop and eat after the meet.

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.

