

# REGIONAL CROSS COUNTRY CHAMPIONSHIPS

Friday, October 24, 2025

NAAC

1. The 4A Regional race will be held at North Area Athletic Complex (NAAC)

**2. You will be excused from school for the day**

**3. We will NOT have a bus for this meet. Athletes will need to get a ride.**

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

5. The Meet schedule:

8:00- Coaches Meeting at Start

8:50- 5A Girls (Run 9)

9:35- 5A Boys (Run 9)

**10:20- 4A Boys (Run 9)**

**11:05 4A Girls (Run 9)**

11:50- Awards at the finish line

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.**

