

2010 Continental League Cross Country Championships

Hosted by Legend High School

Colorado Horse Park – Equestrian Course

Teams: Chaparral, Ponderosa, Legend, Castle View, Rock Canyon, Highlands Ranch, Thunderridge, Mountain Vista, Douglas County, Regis, Heritage, Littleton

Please read all of the meet info!

Meet Schedule:

3:10pm Coaches Meeting

3:30 Boys JV (B) Run 7, Scoring 5

3:33 Girls JV (B) Run 7, Scoring 5

4:10 Girls Varsity "A" Race Run 7, Score 5

4:40 Boys Varsity "A" Race Run 7, Score 5

5:10 Boys "C" Run unlimited, Score 5 (displace 7)

5:13 Girls "C" Run unlimited, Score 5 (displace 7)

Awards 5:45

Times are approximate.

Awards provided by the Continental League

Entry Info: Please use the spreadsheet sent to you to complete your roster. You will not need to declare the race entered, just the info on the form. Please use this format only. Please complete the form and email it back Tuesday night October 12th.

Roger.Miller@dcsdk12.org

Directions to the course:

From north of Parker: Take 470 or your desired route to Parker Road (Hwy 83). Go South on Parker Road, through the town of Parker. Continue past the Pinery on Parker Road to Bayou Gulch Road. The intersection of Parker/Bayou Gulch, turn left (East) past Ponderosa High School. Continue about 1 mile until you see another school to your left. Parking for the meet will be in the field to the north of Bayou Gulch Road (on the left). There is NO Parking on the south side of Bayou Gulch Road.

There is no light to aid in crossing the road, so please cross carefully. A traffic officer will be there to help with crossing and traffic control. At the time you will be arriving the middle school will have some traffic leaving as well, so please be patient and plan your travel time accordingly. Do not have your bus stop on Bayou Gulch Road. Busses will be able to park in the dirt lot to drop off your athletes.

From the south of Ponderosa HS, take Parker Road north (hwy 83) to Bayou Gulch Road. Call or email if you need more directions. Encourage your parents to carpool and be patient as there is only one way in and out as they leave the parking area.

Colorado Horse Park Equestrian Course: The staff at the CHP has been very helpful in getting the course set up for us and allowing us to complement their horse trails with our cross country meet. Please have your athletes keep the course clean and remind them not to climb on any of the horse jump structures or any of their course structures. The course is well marked and in good condition for cross country running. We have had some great comments on the course, but please remind you athletes to be aware of the footing.

The course is a natural grass, some dirt/sand. You may encounter grasshoppers, bugs, maybe a snake depending on the weather. Please remind your athletes of this in case of asthma or allergies.

Water/Gatoraide will be available.

A limited number of Porta Potties will be on site.

Timing will be done with cross country tags, to be worn on the right chest or hip

Please remind your athletes of jewelry and uniform rules as well.

Any disputes with scoring will be directed to me and then to Jason Jacob (our league cross country AD)

Results will be posted as quickly as they can be in a timely manner. Please stay away from the scoring tent in order that this can be done quickly. Final results with times will be posted on the Mile Split website by Thursday night. They will also be posted on the Legend Cross Country site.

Any questions please let me know asap!

Thanks for allowing us to host (Thanks Gary!)

Good Luck to your teams the remainder of the season!

Roger Miller
Megan Peterson

Roger.Miller@dcsdk12.org

Results here and also to be emailed ASAP
<http://co.milesplit.com/>

