

# 2010 Regional Cross Country Information

**Class 4A Region #3**

**Class 4A Region #4**

**Class 5A Region #5**

**Site:** Monument Valley Park - Colorado Springs, Colorado

**Date:** Thursday, October 21

**Directors:** Kelley Eichman, 5A Region 5  
Russ McKinstry, 4A Region 3  
Shelli Miles, 4A Region 4  
Dave Eichman – Meet Director

## **Meet Schedule:**

2:00 pm – 5A Girls – Region #5  
2:30 pm – 4A Boys – Region #3  
3:00 pm – 4A Girls – Region #4  
3:30 pm – 5A Boys – Region #5  
4:00 pm – 4A Girls – Region #3  
4:30 pm – 4A Boys – Region #4  
5:00 pm – 4A Awards ceremony

- Lane placements will be random.
- Please send entries for your team by Tuesday, 10/19 at 5pm.
- Ribbons will be given to places 1 – 15.
- Regional Plaques for 1<sup>st</sup> and 2<sup>nd</sup> place boys and girls teams.

## **Timing and Scoring:**

The [Colorado Running Company](#) will be doing the scoring. Please email your five to seven varsity boys and girls entries to John O'Neill ([corunco@aol.com](mailto:corunco@aol.com)) and Dave Eichman ([eichmds@d11.org](mailto:eichmds@d11.org)) by 5:00pm on Tuesday, October 19<sup>th</sup>.

## **Workers:**

**Each school should provide 1 worker**, to report to the finish line at 1:30 pm for a brief coordination.

## **Event T-shirts will be for sale for \$13.00:**

Please remind your athletes and parents to bring cash if interested in purchasing these outstanding 2010 Regional Cross Country shirts that include school names.

**Directions to North Monument Valley Park:**

Take I-25 to Uintah Exit. Go east on Uintah to N. Cascade (second light). Turn left. Follow N. Cascade (north) to either W. Columbia or W. Camarillo. Turn left (west) on either street and park as close to the park as you can.

**Qualifying for State:**

5A - Region #5 - .4 x 14 teams = 6 teams qualifying\*

4A – Region # 3 - .4 x 15 teams = 6 teams qualifying\*

4A – Region # 4 - .4 x 14 teams = 6 teams qualifying\*

\* Assuming full teams

40% full teams – all athletes who finish in the top 15 places. Full teams must consist of 5 to 7 members. Teams must start and finish race to be included in percentage counts.

A site map is attached for bus loading and offloading, spectator parking, and the course route.

Thanks,

Dave Eichman  
Athletic Director  
Colorado Springs School District 11  
719-520-2690