

REGION 5-AAAAA
CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 3, 2013

Schedule

8:30am	Coaches Meeting at the starting line
9:00am.	Varsity Boys (top seven)
9:45am	Varsity Girls (top seven)
10:30am	Open Boys (unlimited)
11:15am	Open Girls (unlimited)
12:00pm	Awards

Important Due Dates:

Region Notification of Entry*	9/23/2013
Region 12 Man Rosters*	10/15/2013
Milesplit Registration	10/30/2013

**** Note: Region Notification of Entry and Region 12 Man Rosters must be submitted to your Athletic Director and then to the Region Secretary (Don Breedlove)**

Entries: We are going to score all four races. **We need all of your runners names to do this. Coaches also need to send in to the region secretary their top 12 runners. This form should have been given to you by your Athletic director.** You may run any of the runners on that list in the region and state meets, but only the runners on that list may run region or state so make sure it is accurate.

Region Teams: Allatoona, East Paulding, North Paulding, Paulding County, Rome, Woodland, Hiram, Lithia Springs, New Manchester, South Paulding, Villa Rica

Course Description: White Oak Park has a two loop course that is very spectator friendly. The start and finish are on a grass straightaway that is approximately 300m long, but the rest of the meet is on crushed gravel. The course runs fairly fast because of the surfaces, but still contains some rolling hills. A map of the course is located at the bottom of the document.

Course Records:

Boys: Parker Sorenson, East Paulding HS (2011)	16:40.00
Girls: Lilly Kidane, East Paulding HS (2012)	19:10.90

Address for White Oak Park:

298 Mustang Drive
Dallas, GA 30132

Entries to: <http://ga.milesplit.com/meets/149461-ga-region-5-aaaaa-cross-country-championship#.UIPmyFPCq4c>

Coaches duties:

Starter: East Paulding
Mile split: Rome, Woodland, New Manchester
2 mile split: South Paulding, Villa Rica
Timing: PT Group
Finish Line Judge: Paulding County
Scoring: East Paulding, Allatoona
Jury of Appeals: North Paulding, Lithia Springs, Hiram

Awards:

Top ten individuals in each race will receive medals.
Trophies will be awarded to the top 2 teams in each race (Varsity & JV)

Rules & Procedures:

All GHSA rules will be enforced.

Budget for the Meet:

Paulding County does not allow us to charge money for parking, so there will not be a fee.

Cost per school: 100.00 per school

Please make the check out to: “East Paulding Cross Country”

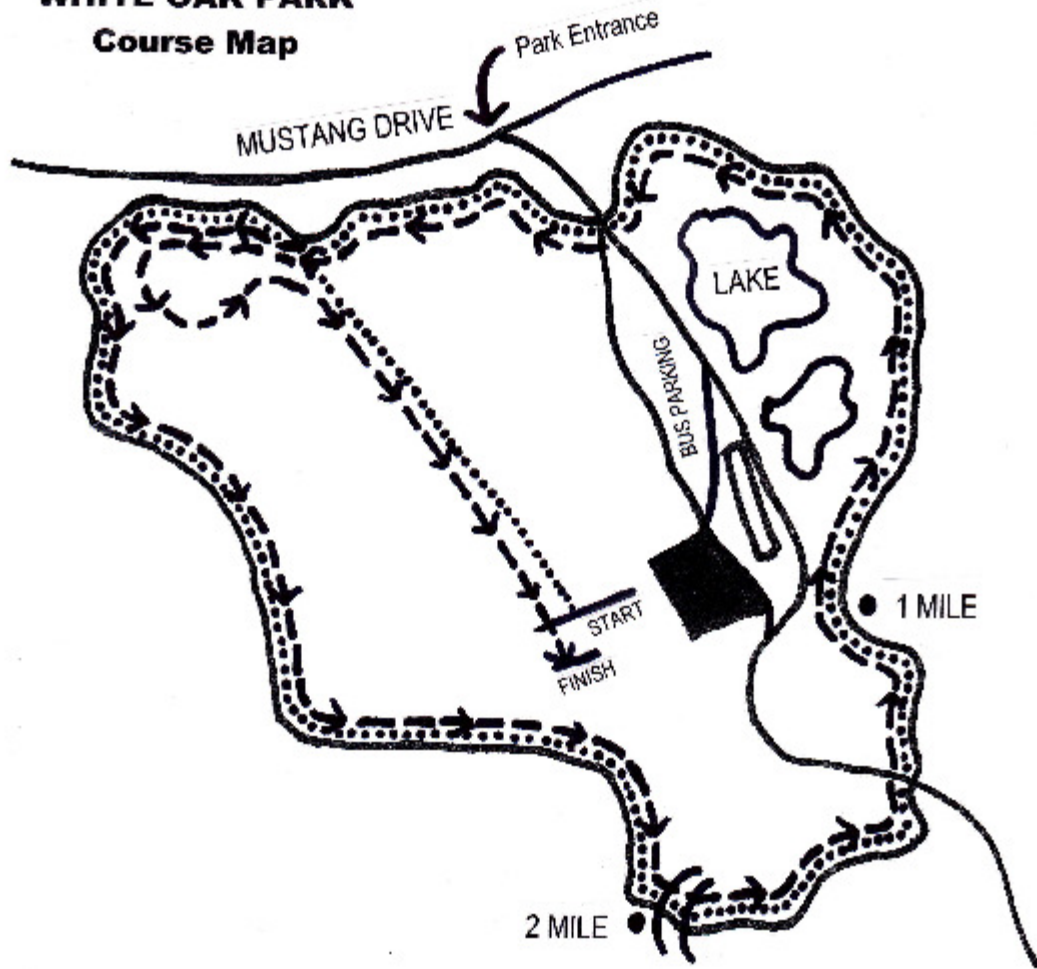
T-shirts & Food:






T-shirts will be provided by Eagle Sports and food will also be offered for sale at the meet.

If you have any questions about the meet please contact me at:

Alan Daws
East Paulding High School
Cell: 404-434-2779
adaws@paulding.k12.ga.us

WHITE OAK PARK Course Map



-  Crushed gravel path
-  Lap 1
-  Lap 2
-  Gravel parking lot
-  Pavilion: concessions & awards