

2023 DISTRICT XI CROSS COUNTRY CHAMPIONSHIPS
Presented by St. Luke's Health Network

DATES, LOCATIONS, TIMES OF CROSS COUNTRY DISTRICT CHAMPIONSHIP:

Date: Wednesday, October 25, 2023

Raindate: Thursday, October 26, 2023

Location: DeSales University

Times:	Boys' 3A	1:00 p.m.	Awards	2:30-2:45 p.m.
	Girls' 3A	1:40 p.m.	Awards	2:30-2:45 p.m.
	Boys' 1A	2:20 p.m.	Awards	3:45-4:00 p.m.
	Girls' 1A	3:00 p.m.	Awards	3:45-4:00 p.m.
	Boys' 2A	3:40 p.m.	Awards	5:00-5:15 p.m.
	Girls' 2A	4:20 p.m.	Awards	5:00-5:15 p.m.

PRACTICE DATES AND TIMES:

The course will be closed for play on the practice days listed. These are the only days and times that runners may practice on the course. Please adhere to the practice times. Do not request additional practice dates and times.

Friday, September 22, 3:00 pm-7:00 pm

Saturday, September 23, 8:00 am-12:00 pm

Friday, September 29, 3:00 pm-7:00 pm

Saturday, September 30, 8:00 am-12:00 pm

DISTRICT COMMITTEE PERSON IN CHARGE OF CHAMPIONSHIP:

Ray Kinder 570-985-6474 rkinder@tamaquasd.org

MEET MANAGER FOR CHAMPIONSHIP:

Bryan Geist 610-597-0368 bgeist@nlsd.org

ELIGIBILITY FOR CROSS COUNTRY:

Each school may enter seven runners (or fewer). A maximum of seven may run. Five runners must finish the race for the score to count as a team score. All entrants from a school must be accompanied by a coach or a faculty member from that school.

- Entries must be submitted online via MileSplit on or before **Thursday, October 19, 2023, by noon.**
- Coaches may use alternate runners on the day of the event.

CUT-OFF DATE FOR ENTRIES:

Adjustments may be made based on inclement weather for league championship meets.

Entries Window on MileSplit

Entries Open: Thursday, October 5, 2023 1:00am

Entries Close: Friday, October 20, 2023 8:00am

Password: DXIXC

COURSE INFORMATION: Grass--with hills. The entire course will be lined. Spiked shoes may be worn.

UNIFORM RESTRICTIONS:

1. **SCHOOL ISSUED UNIFORMS ONLY**

CHAMPIONSHIP SCORING:

The first five persons of each team will be scored. The sixth and seventh persons will be tallied and may displace members of other teams finishing later. Your school's starting position will be pre-drawn. A bib system will be used with results available on the District XI website. Tabs will be pulled and a video camera will be used for scoring purposes.

STATE MEET INFORMATION: November 4, 2023, Parkview CC Course, Hershey, PA

STATE MEET QUALIFIERS
TEAMS

<u>1A GIRLS</u>	<u>2A GIRLS</u>	<u>3A GIRLS</u>	<u>1A BOYS</u>	<u>2A BOYS</u>	<u>3A BOYS</u>
2	2	2	2	2	2

NON-TEAM INDIVIDUALS

<u>1A GIRLS</u>	<u>2A GIRLS</u>	<u>3A GIRLS</u>	<u>1A BOYS</u>	<u>2A BOYS</u>	<u>3A BOYS</u>
10	10	10	10	10	10