

AREA 7 XC CHAMPIONSHIP OCTOBER 22, 2011

LOCATION:

Meet will be held at the Lawrence County High School complex in Louisa, KY.

RACE/AWARDS SCHEDULE:

<u>TIME</u>	<u>GRADE</u>	<u>DISTANCE</u>	<u>MEDALS</u>	<u>ENTRY FEE</u>
10:30 a.m.	Girls Elementary K-6	3K	Top 14	\$25 Team/\$5Ind.
11:00	Boys Elementary K-6	3K	Top 14	\$25 Team/\$5Ind.
11:45	Elementary Awards Ceremony			
12:30 p.m.	Girls & Boys combined			
	Middle School 8 th and under	4K	Top 14	\$30 Team/\$6Ind.
1:00	Middle School Awards Ceremony			
1:15	Girls Varsity 12 th and under	5K	Top 14	\$40 Team/\$8Ind.
2:00	Boys Varsity 12 th and under	5K	Top 14	\$40 Team/\$8Ind.
2:45	Varsity Awards Ceremony			

*** Entries are limited to schools located in KTCCCA Area 7

Coaches must be a member of the KTCCCA in order to enter a team

ACT note - Since this is an ACT test day, the Varsity races will be held in the afternoon to allow for those testing ample time to be ready to compete. Lawrence County has a testing site – location code is 176560.

COVER ALL FEES FOR ALL RACES \$150.00

Elementary and Middle School Team entries are unlimited. Only top 7 count toward team score. Due to the low number of middle school runners in the past few years, we will run the boys and girls together but score them separately. Medals will be given for the top 14 in each gender as well as Top runner trophy for each gender.

Varsity Team entries are limited to 10 runners. Only top 7 count toward team score.

Trophies to first and second place team in each race. All individual and team awards will be presented at the designated time following their age division.

- 1st place runner in each race will receive a trophy and be named Area 7 Runner of Year
- Runners finishing 1-7 will be 1st team All Area 7, Runners 8-14 will be 2nd team All Area 7
- Coach of the winning team in each race will be named Area 7 Coach of the Year and will receive a trophy at the annual KTCCCA Banquet in January.

All entries are due Monday October 17, 2011. Hy-Tek scoring will be used. Please supply the Name and Grade of any potential runner. Also supply the expected number of participants in each race. Export your roster file to Coach Dan Bailey at RunArmy@gmail.com.

Make checks payable to: Lawrence County High School (memo: Area 7 Cross Country)

**Mail checks to: Lawrence County High School
ATTN: Cross Country
100 Bulldog Lane
Louisa, KY 41230**