2026 2A West XC Regional

Meet Information:

1. Location: Kituwah Mound, 3831 Ela Rd, Bryson City, NC 28713
    a. Coming from either East or West:
        i. Take Exit 64 Hyatt Creek
            1. East: Take a right at stop sign
            2. West: Take a left at stop sign
        ii. Take 2nd exit at roundabout
        iii. Travel to the stop sign. (Should see a Dollar General straight ahead)
        iv. Turn Left
        v. 1.5 miles later Kituwah Mound is on the left. **Bus Parking** on right. **Spectator parking** on the left upon entering.
        vi. I will have SROs and other police staff assisting

2. Meet Schedule:
    a. Coaches Meeting 11:30 am under the pavilion at packet pickup
    b. 2A Girls - 12:00PM
    c. 2A Boys - 12:45PM
    d. Please have athletes at the start 15 minutes before.

3. Registration
    a. Closes on Saturday October 24 at 11:59 pm
    b. Any late registrations need to contact Rhonda Dreibelbis (rhonda@nchsaa.org) no later than Monday, October 26
    c. Top 7 Boys and Top 7 Girls. If you have an alternate that needs to be substituted in that will be done at the timing tent the day of the race.

Coaches & Competing Athletes

1. The course will be open on Friday, October until about 6. I will be there for any questions about the course.
2. **Team Tent Area** - We will have this under the pavilion and other marked area.
3. **Packet Pickup** - You may pick up your team packets beside the t-shirt sales area.
4. **Competitor Numbers** - Your runner has been assigned a competitor number. Please place their competitor number on the front center of their uniform. Please pin all four corners of the bib to the jersey. Please let runners know they must wear the number throughout the entire race and cannot remove it until they have exited the finishing area/chute.
5. Please have your runners to the starting line 15 minutes before their race starts.
6. Please tell your runners that once they have finished the race, they need to walk all the way through the chute before falling down. If you have a runner who likes to fall to the ground after finishing a race, please be at the finishing chute to get them up and keep them walking through

the chute. After exiting the chute, they need to clear the finish area, and water will be provided at the end of the chute.

7. **Medical Conditions** - If you have an athlete with a medical condition or if you have an athlete who collapses at the end of a race, please let the trainer know.
8. **Substitutions/No Shows** - Pierre Timing will need to know of any athlete changes before the start of the race (ill, injured, etc). If the individual is a no-show, you do not need to let the timing company know Please see the substitution form that will be provided later in this document. These will also be provided at the site.
    a. If you know of the substitution before you arrive at the meet, please turn that in immediately after the coaches meeting
    b. If you have a runner become injured or ill after that and prior to the start of the race. It will need to be turned in before the start of the race.
9. **Regional T-Shirts** will be on sale.

Spectators/Parents/Non-Competing Athletes

1. Spectator Admission/Parking - On the right upon entering Kituwah Mound.
2. Make sure spectators do not get on the course during the race. The course is very well marked. The course is a set of dirt roads. As long as they are off the roads everything should be good.
3. **Pets-** Please tell spectators that no pets are allowed on the course or at the facility. **Only** certified service animals are allowed.
4. **Bikes** - No bicycles, unicycles, one wheel, etc are allowed on the course for spectators or coaches.
5. **Noise Makers -** No noise makers at the start or finish line.

Uniforms

1. **4-3-1b5: Manufacturer's logo**
    a. The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions: A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top or one-piece uniform. Bottoms may permit the manufacturer's logo/trademark/references larger than 2 ¼ square inches around the waistband. Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.
2. **4-3-1b8 (NEW): Religious Headwear**
    a. Head coverings worn for religious reasons are not considered hair devices; must not be made of abrasive, hard, or unyielding materials; and must be secured to the body and/or uniform. Clarifies that religious headwear is not considered a hair device.
3. **4-3-2** All relay and **Cross Country** team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team
4. Note: ***Officials shall have no uncertainty in determining that all members are from the same team. Treat it like a track relay, same school emblem, same predominant color. Does not have to be the same manufacturers or the same style i.e. two runners in spandex and five in shorts is fine.***
5. Runners cannot remove any part of the uniform (other than shoes) in a competition area.

6. If you have any additional questions regarding uniforms you can email Pam Bolton at pambolton03@gmail.com
7. **GPS Watches** - If athlete wears a GPS Watch, the GPS Function must be disabled. Stopwatch function only.
8. **Facepaint/Body Paint** - I know it is Halloween when we run, but no athlete competing should be in costume, wearing face paint or body paint, no glitter is to be on the body. Any questions about this please ask.
9. **Headbands -** Must be a single solid color with logo no more than 2 ¼ in square
10. **Electronics** - No electronics (AirPods, headphones, speakers, etc) should be at the start area.

Sportsmanship

1. **Profanity** - Profanity will not be tolerated. A warning will be given to the athlete first; the second time will result in disqualification. **Major point of emphasis from the NCHSAA**.
2. **Taunting** - Zero tolerance for taunting - If an athlete is seen taunting another athlete by the meet officials, the athletes will be disqualified. **Major point of emphasis from the NCHSAA.**
    a. **Cheer for your school, not against the other schools.**

Awards & Advancing to State

1. Top 10 Runners are considered All-Region
2. Top 6 teams will advance to State
3. Top 7 individuals not on a top 6 team will advance to State

2026 NCHSAA Cross Country State Championship Meet

1. You may substitute runners on a qualifying team for the state meet who are eligible.
2. You **may not** substitute for individual qualifiers.
3. Teams and individual qualifiers do not have to be entered for the state meet by coaches. Timing, regional and state meet directors will take care of this.
    a. If your team that qualifies for the state meet finishes with 5 to 7 runners. Some teams have been starting with 7, but a runner or two did not finish due to injury, and they get to the state meet, and there is no bib for that runner. If this happens, please send Rodney King (rcsnpking6@gmail.com) the name of the runners that need to be added.
    b. If any team in the regional is going to run a different set of runners or if they are changing up their top 7 after regionals email Rodney King no later than Monday, November 2 at 3:00pm
4. **State Championship Schedule**
    a. Thursday, November 5, 2026
        i. Course will be open from 4:30pm - 6:00pm for any 1A-4A schools racing on Friday to view the course and pick up their team packets
    b. Friday, November 6, 2026
        i. Coaches Meeting: 1:00pm
        ii. 2A Boys: 2:25pm
        iii. 2A Girls: 3:45pm
        iv. Awards: 4:25pm

2A West Meet Officials

1. Regional Director - BJ Ledford - bledford@swainmail.org
2. Meet Referee & Starter - Ian Roper
3. Timing/Results - Pierre Timing
4. Games Committee - BJ Ledford, Ian Roper
5. Jury of Appeals - Nicholas Owens (MICS), Megan Lucas (Swain)

Links to different forms

NCHSAA XC Substitutions -and-Protest form.pdf

NCHSAA State Championship 2026 - Meet Information

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