

2022 Region 3 A/AA XC Championships Information and Instructions

(6 pages)

Date and Times

Saturday, October 22nd

1:00pm - A Coaches Meeting (at the shelter next to the finish line)

2:15pm - AA Coaches Meeting (at the shelter next to the finish line)

2:00pm – A Girls race

2:45pm – A Boys race

3:15pm – AA Girls race

4:00pm – AA Boys race

Location

Creasey Mahan Nature Preserve

12501 Harmony Landing Rd

Goshen, KY 40026

(Host school: North Oldham HS)

DIRECTIONS and PARKING:

Gene Snyder Freeway (I-265) North to US 42 exit (last exit before the toll bridge). Turn right and follow 5.5 miles east to the traffic light at Hwy 1793. Continue east on US 42 a half mile past Hwy 1793 and turn left on Harmony Landing Road. Follow that road 0.3 miles back to the Nature Preserve. Dogleg straight/left at the stop sign into the Preserve and continue straight. Signs will direct you to park. Buses will park in the gravel parking lot near the playground, and cars will park in the grass field (see Site Map below).

HANDICAP PARKING ONLY: At the traffic light at Hwy 1793, turn and follow that back 1 mile to a right turn on Old Harmony Landing Road. Take that about 200m, and turn left at the entrance to the Library. Go up the hill about 50 feet and there is a parking lot on the left.

Regional Manager

Brian Ruggles

Head Boys Cross Country Coach, North Oldham HS

bruggles@key-data.net

502-500-4412 (cell)

Timer

David Flaughter, DC Race Timing (Frank Miklavcic will be the one working the meet)

Officials

Roland Dale and Bill Smith

Participating Schools

A - Beth Haven (girls only), Brown, Francis Parker, Highland Latin, Holy Cross (Louisville), Kentucky Country Day, Louisville Collegiate, Portland Christian, Presentation (girls only), Shawnee, Walden, Whitefield Academy

AA - Christian Academy-Louisville, DeSales (boys only), ~~Dess~~, Henry County, Jeffersontown, North Oldham, Shelby County, Spencer County, Waggener, Western

Timeline

Tuesday, October 18th - entries due on Milesplit by 9:00pm

Wednesday, October 19th - Performance List distributed to all coaches in the Region and posted on the listserv by 9:00pm

Thursday, October 20th - Any coach desiring to challenge a particular time shall have notified the Regional Manager by 9:00pm

Regional instructions can be found at - https://khsaa.org/cross_country/2022/postseasoninstructions.pdf
(Please familiarize yourself with the rules for the regional meet by reading the Regional Instructions.)

Entries

Meet Milesplit page:

A - <https://ky.milesplit.com/meets/502356-khsaa-region-3-class-1a-2022#.YyvQ1nbMKiM>

AA - <https://ky.milesplit.com/meets/429507-class-aa-region-3-2021/info#.YKpEpKhKiiM>

Entry fees

\$63 per team per gender (updated 10/15). The goal is to break even so no additional fees need to be collected or profits distributed. PLEASE MAIL YOUR CHECKS NO LATER THAN 10/19, or BRING THEM TO THE MEET and turn them in when picking up your packet. ** since we changed this from \$53 to \$63 on 10/15, if you have to mail the difference after the meet, that is OK. **

Checks payable to "North Oldham Cross Country"

Mail to:

North Oldham High School

ATTN: Meredith Mcintosh - Regional XC

1815 S. KY 1793

Goshen, KY 40026

Team Check-in

You will pick up your packets (bibs only, no chips) and declare your 7 participating runners in the shelter near the finish line when you arrive at the meet.

Tickets

Admission is free to this meet.

NO DOGS

Per KHSAA regulations, dogs are NOT allowed in the race venue. PLEASE let your parents know this in advance.

Course Access

Coaches wearing wristbands will be the only people allowed back in the woods. You will be provided two coaches' wristbands - please let Coach Ruggles know in advance if you need more.

For spectators, there are a number of times you will be able to see your runners, including at the 2-mile mark. See the course map for more details

Teams will be allowed to warm up on the course.

Jury of Appeals

We need four coaches to volunteer for the Jury of Appeals. The fourth member will be an alternate, used only if one of the other three coaches' team's appeal is being judged. (* alternate)

Jury of Appeals members (A) - Lillian Apple (KCD), Thom Whithan (Walden), Paul Laracy (Presentation), *Jacobi Reed (Francis Parker)

Jury of Appeals members (AA) - Aaron Shepherd (Shelby Co.), Brian Crumbo (North Oldham), Andrew Danner (CAL), *Shawn Golden (Henry Co.)

Copies of the TR110 Appeals form will be available on site, but feel free to print a copy or two of your own - <https://khsaa.org/forms/tr110.pdf>

Inhaler Form

Please present a TR120 Inhaler form to the Referee before the meet for any athlete requiring use of an inhaler on premises. The form can be found here - <https://khsaa.org/forms/tr120.pdf>

Water

We will provide water bottles for athletes, but it is advised to make sure your athletes bring their own water as well.

Concessions

We will not have concessions on site.

Apparel

Fine Designs will be selling apparel on site.

Awards

Medals will be awarded to the top 8 in each race, and the 1st and 2nd place boys and girls teams will receive trophies. We will do an awards presentation after each boys race, once both boys and girls results have been tabulated.

Teams/Runners advancing to the State Meet

If:

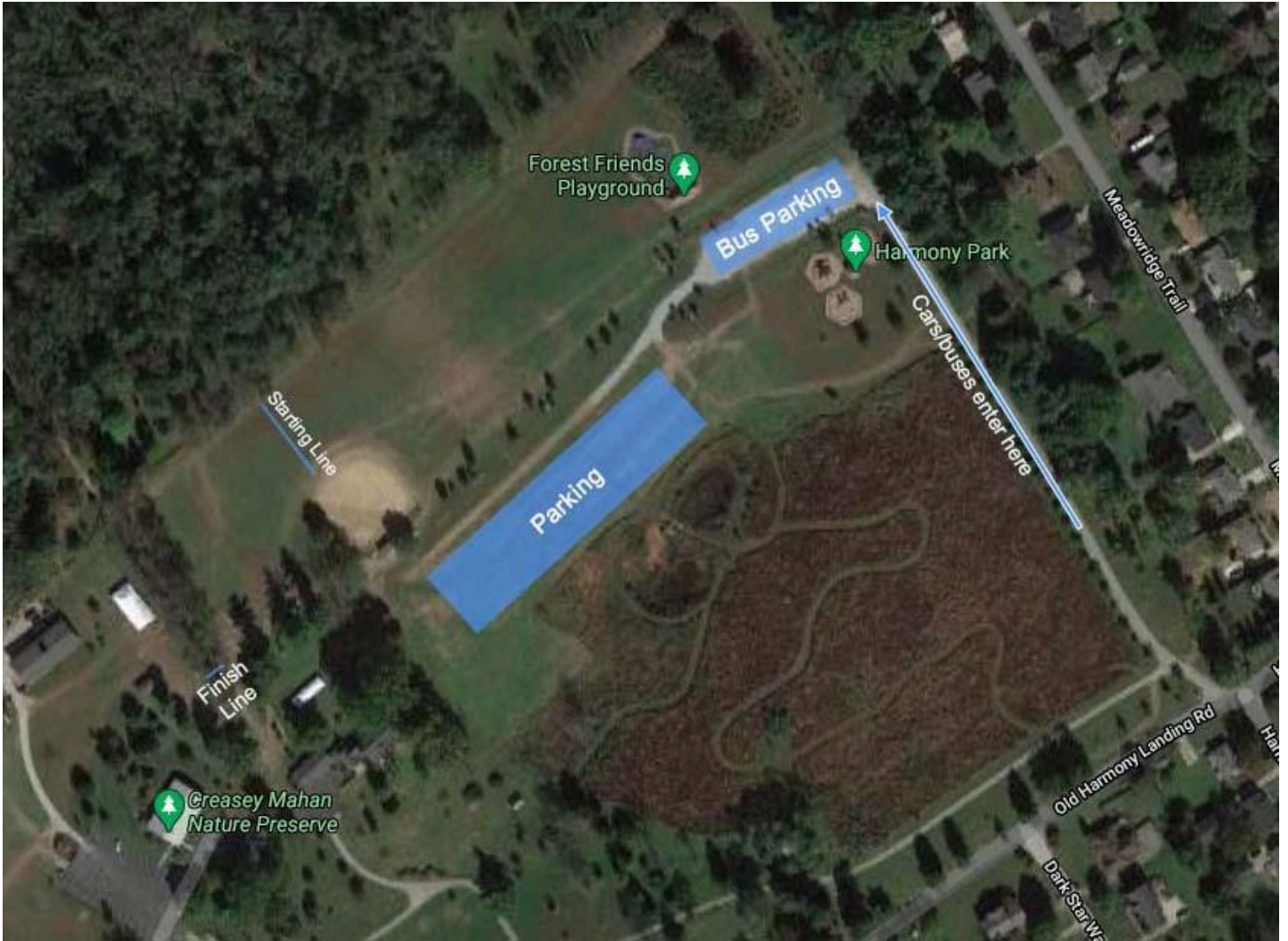
- 1 full team enters the Region Meet, 1 team advances.
- 2-3 full teams enter the Region Meet, 2 teams advance.
- 4-5 full teams enter the Region Meet, 3 teams advance.
- 6-7 full teams enter the Region Meet, 4 teams advance.
- 8-10 full teams enter the Region Meet, 5 teams advance.
- 11 or more full teams enter the Region Meet, 6 teams advance

Plus top 5 individuals per race NOT on a team that qualifies for State

Live Results

TBA

Site Map



Course Map

- - - Loop 1
- Loop 2
- · · Loop 3
- No Spectators (Coaches Only)



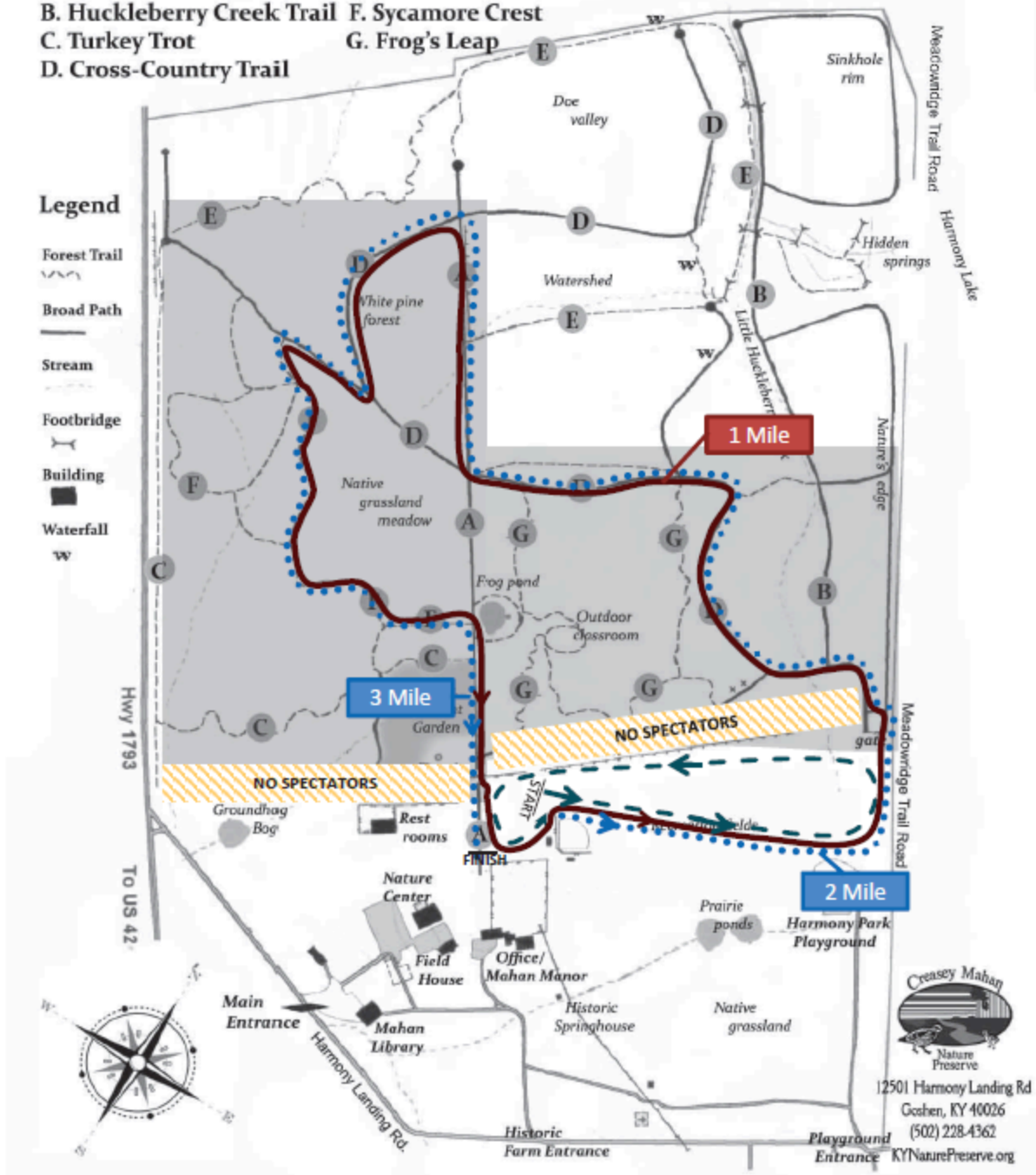
5000 Meter Course

Creasey Mahan Nature Preserve

- A. Mahan Lane
- B. Huckleberry Creek Trail
- C. Turkey Trot
- D. Cross-Country Trail
- E. Watershed Trail
- F. Sycamore Crest
- G. Frog's Leap

Legend

- Forest Trail
- Broad Path
- Stream
- Footbridge
- Building
- Waterfall



Starting Box Assignments

Class A

School	Girls	Boys
Beth Haven	1	(empty)
Brown	2	2
Francis Parker	3	3
Highlands Latin	4	4
Holy Cross (Louisville)	5	5
Kentucky Country Day	6	6
Louisville Collegiate	7	7
Portland Christian	8	8
Presentation	9	(empty)
Walden	10	10
Whitefield Academy	11	11

Class AA

School	Girls	Boys
CAL	1	1
DeSales	(empty)	2
Henry County	3	3
Jeffersontown	(empty)	4
North Oldham	5	5
Shelby County	6	6
Spencer County	7	7
Waggener	(empty)	8
Western	(empty)	9