

**NCHSAA 1A, 2A, 3A, 4A, & 5A Central
Regional Cross Country Championship
Saturday, October 25, 2025 - Ivey Redmon Sports Complex**

Meet Information

○ **Meet Schedule:**

7:30 - Facility opens

7:30 am – 8:30 Course Walk on your own, course is very well marked and easy to follow.

8:15 am - 5A and 4A Coaches Meeting

9:00 am - 5A Boys Race

9:35 am - 5A Girls Race

10:10 am - 5A Awards

10:10 am - 4A Boys Race

10:15 am - 3A and 2A Coaches Meeting

10:45 am - 4A Girls Race

11:20 am - 4A Awards

11:20 am - 3A Boys Race

11:55 am - 3A Girls Race

12:30 pm - 3A Awards

12:30 pm - 2A Boys Race

1:00 pm - 1A Coaches Meeting

1:05 pm - 2A Girls Race

1:40 pm - 2A Awards

1:40 pm - 1A Boys Race

2:15 pm - 1A Girls Race

2:45 pm - 1A Awards

- **Entries** must be done through the ncmilesplit meet page for your regional. Each school qualifies their team or individuals to their classifications regional meet. Each school can enter up to seven (7) girls and seven (7) boys into the regional meet. If your school has less than 7 girls and 7 boys you can enter less than 7.
- **Regional Entry Deadline** - Entries must be submitted by 11:59 pm, Saturday, October 18, 2025. Entries must be done through your regional ncmilesplit meet page. **DO NOT** wait until the last minute to submit your entries.
- **UPDATED BUS PARKING INFORMATION** – Buses will turn on to Beeson Road and will park in the gravel lot on the left past the flag poles and before you get to the dog park. Just follow the signs for bus parking. **DO NOT drop off your team at the course.** Park your bus in this gravel lot on the left and then unload your bus. If we need overflow bus parking it will be in the field next to the gravel lot.
- **Spectator Admission will be \$10 per car. Please have the correct change and be ready to pay when you drive down Beeson Road. Spectators will pay before they park. CASH ONLY**
- **UPDATED SPECTATOR PARKING INFORMATION** – Spectators parking will be in the field that is across the road from the course (same field used for the state championships). If coming from Highway 66 you will need to use the 2nd field entrance, which is the one past Beeson Road. If you are coming from Union Cross Road you will use the first entrance. Just follow the signs and the directions of the people directing traffic.
- **Team Tent Area** – Team tents can be set up in the field where the stage is located. This is the field near where you will park your buses for regionals. Please remember to secure your tents to the ground.
- **Packet Pickup** – You may pick your team packets up at the timing tent located at the finish line.
- **Regional T-shirts** will be on sale. **CASH ONLY!** Short-sleeve Shirts \$20, Long Sleeve Shirts \$25, Hoodie \$40

- **Competitor Numbers:** Your runners have 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.
- **Timing Chips:** Each competitor will have a shoe tag timing chip that needs to be securely attached to the runner's shoe. These timing chips must be returned to timing by the COACH before leaving. Any shoe tag not returned to timing will result in a \$25 per chip fee that will be invoiced to the school.
- **Please have your runners to the starting line 10 minutes before their race starts.**
- **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 that 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.
- **Make sure Parents** and spectators do not get on the course during the race. The course is very well marked and roped off in all areas. Just make sure that spectators do not interfere at the cross over area.
- If athletes are wearing GPS Watches, the GPS Function must be disabled
- If you have an athlete with a medical condition or if you have an athlete that collapses at the end of a race please let the trainer know.

- **Uniforms**

4-3-1b5: Manufacturer's logo

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 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.

4-3-1b8 (NEW): Religious Headwear

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.

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

Note: Officials shall have no uncertainty in determining that all members are from the same team

- Profanity will not be tolerated. A warning will be given to the athlete first, the second time will result in disqualification.
- There is zero tolerance for taunting - if an athlete is seen taunting another athlete by meet officials the athletes will be disqualified.
- Any Protest must be filled out on the enclosed form in your packet. If you feel a rule has been broken fill out the Protest form and give it to Robert Youtz (Meet Director). The meet referee, Ali Bahr (USATF), will make a decision on your appeal. If you are not happy with that, he will then take it to the Jury of Appeals.
- The top six (6) teams please the top seven (7) individuals not on a qualifying team will advance to the NCHSAA State Cross Country Championships. 1A-4A State Championships will be held Friday, October 31, 2025 and 5A-8A State Championships will take place Saturday, November 1, 2025 at the Ivey Redmon Sports Complex.
 - [2025 NCHSAA Cross Country State Championships Meet Schedule](#)

- If your team or any individual athletes qualify for the state championships meet you do not have to register them. The meet director will take care of registering any teams or athletes that qualify for the state championships
- **Results:** Unofficial individual results will be posted on your regional ncmilesplit meet page. Please check these unofficial results after each race and let the timers know immediately if anyone is missing. Results will be posted within 5 minutes of the conclusion of each race. Official results will be posted after the awards ceremony
- Top ten individuals in each race will be considered All-Region for your classification and the top two teams in each race receive plaques.
- **Meet Officials**
 - **Meet Director** - Robert Youtz (Phoenix Academy) and Curtis Swisher (NC Leadership Academy)
 - **Meet Referee** - Ali Bahr (USATF)
 - **Starter** - Robert Youtz (USATF)
 - **Timeline** - Foothills Timing & Meet Management
 - **Games Committee** - Rodney King, Robert Youtz, Curtis Swisher, Ali Bahr
 - **Jury of Appeals** -
 - 5A - Alicia Clement (Atkins); David Blue (NE Guilford); Shawn Loggins (Oak Grove)
 - 4A - Yolanda Shepherd-Reid (Carver); Benji Knox (W. Stokes); Joey Slate (N. Surry)
 - 3A - James Gunter (McMichael); Will Benner (Wheatmore); Kevin Troy (W. Davidson)
 - 2A - Stephen Brame (Cornerstone); Parker Hatley (S. Stanly); Michael Swepson (R. Triangle)
 - 1A - Curtis Swisher (NCLA); Ira Martney (S. Davidson); Joseph Adams (Bethany Community)
 - **Finish Line officials** - Jimmy Dillard; Robert Youtz, Jackson Hodges, Rodney King, Breana Largen
- **Course Map**
 - [5K Course Map](#)

Ivey Redmon Course Records and All -Time Top 10

(Current Configuration)

Ivey Redmon Course Record

(Current Configuration)

Name	School	Time	Year
Noah Valyo	Athens Drive	15:05.45	2023
Mary Bonner Dalton	Myers Park	16:54.06	2023

All Time Top 10 Times at Ivey Redmon

Men

	Name	School	Time	Year
1.	Noah Valya	Athens Drive	10:05.45	2023
2.	Philip Hall	Terry Sanford	15:07.55	2013
3.	Tanis Baldwin	East Henderson	15:08.02	2013
4.	Connor Lane	Cardinal Gibbons	15:12.57	2017
5.	Owen Munn	Greensboro Home School	15:13.03	2025
6.	Bakri Abushouk	Cary	15:13.57	2012
7.	Gabriel Schmid	Orange	15:14.75	2023
8.	Raghav Gopalakrishnan	Ardrey Kell	15:15.20	2023
9.	Kavi Gibson	Cary Academy	15:15.90	2025
10.	Wyatt Maxey	Providence	15:17.55	2013

Women

	Name	School	Time	Year
1.	Mary Bonner Dalton	Myers Park	16:54.06	2023
2.	Carmen Alder	Pinecrest	17:11.17	2021
3.	Ryen Frazier	Unattached	17:18.00	2014
4.	Alessia Potts	Pinecrest	17:20.20	2025
5.	Madeline Dorsch	Pinecrest	17:25.10	2025
6.	Sarah Mitchell	Apex	17:26.96	2021
7.	Samantha George	Millbrook	17:27.00	2011
8.	Nevada Mareno	Leesville Road	17:27.62	2016
9.	Kayla Montgomery	Mount Tabor	17:29.12	2013
10.	Hannah Rae Shaffer	Cardinal Gibbons	17:32.55	2021