

2024 VHSL REGIONAL 3B/4B/5C CROSS COUNTRY CHAMPIONSHIPS

TO:	Region 3B/4B/5C Cross Country Coaches, Athletic Directors, & Principals
FROM:	Neil Mathews (Atlee) - Site Director and 4B Director Ryan Webb (Maggie Walker) - 3B Director Adam Canning and Greg Aiken (L.C. Bird) - 5C Directors
SUBJECT:	Region Cross Country Championship Meet Information & Entry Instructions
DATE:	Wednesday, November 6, 2024 (Rain Date –Thursday, November 7, 2024)
PLACE:	Pole Green Park Cross Country Course (see map attached)
TIME:	SEE TIME SCHEDULE ON PAGE 2
ENTRY RULES	Participation in the Region Cross Country Championships is open to <u>all</u> Region 3B, Region 4B, & Region 5C Schools.
ENTRY DEADLINE:	ALL ENTRIES <u>MUST BE SUBMITTED ON-LINE THROUGH MILESTAT.COM</u> <u>NO LATER THAN 12:00 MIDNIGHT ON THURSDAY, OCTOBER 31, 2024.</u> YOU MAY ENTER AS MANY ATHLETES FROM YOUR TEAM ROSTER AS YOU LIKE, BUT ONLY <u>7 RUNNERS</u> FROM EACH SCHOOL MAY COMPETE IN THE VARSITY CHAMPIONSHIP RACES. NOTE: IT IS UP TO EACH SCHOOL TO SELECT WHAT RACE THEY WANT THEIR RUNNERS IN AND HOW THEY CLASSIFY THEM. Region 3B Entry Here Region 4B Entry Here Region 5C Entry Here
RULES:	Cross Country section of the 2024 National Alliance Edition of Track & Field Rules.
COURSE:	The Pole Green Park National 5000 Meter (3.1 miles) Championship Course was established in 2008 for the USATF National Junior Olympic Cross-Country Championships. The starting area is wide enough to accommodate large numbers of runners with the first turn more than 600 meters away. It is spectator friendly with wide open running lanes of mostly grass and wooded trails. Flats or short spikes are recommended.
COURSE RECORDS:	Boy's Record – 15:11 Berkley Nance – Mills Godwin – 2023 Girl's Record – 17:39 Megan Moye – Cosby - 2011
COURSE TOURS:	A map of the course is included below. The course is permanently marked and easy to follow. Teams and individuals are encouraged to tour the course before the day of the meet. <u>NOTE: THE COURSE WILL BE OPEN FOR TOURING FROM 8:00 AM - 10:00 AM AND 12:00 PM- 1:00PM ON RACE DAY. THE COURSE WILL BE CLOSED AT 10:00 AM & AGAIN AT 1:00 PM AND NO FURTHER TOURING WILL BE ALLOWED.</u>
BIB NUMBERS	Bib numbers with a disposable timing chip and pins will be provided for all runners and must be worn unaltered on the front of the racing singlet.
AWARDS	<u>*Unless otherwise stated in your regional handbook*</u> Championship Trophies to the Boys' & Girls' 1 st and 2 nd place teams. Medals to the top 15 Finishers in the Boys' & Girls' Varsity Championship Races

STATE The top three (3) teams and the first five (5) individuals not on one of those three teams in the **QUALIFYING** Championship Races will qualify for the State Class 4/5 Championships scheduled for November 16, 2024 at Oatlands, Leesburg or State Class 3 Championships scheduled for November 16, 2024 at Virginia Tech, Blacksburg. State Meet information will be included in the team packets as well as <https://www.vhsl.org/cross-country/>. Please turn in a handwritten state meet entry form to Neil Mathews (4B/5C) or Ryan Webb (3B) before leaving the regional meet on November 6, 2024. All Coaches are **also** required to enter their state-qualifying athletes and/or teams through milestat.com. NO Password Required! All entries must be done by 8pm on Saturday, November 9th.

CONCESSIONS: Concessions will be provided at this year's Regional Championships.

REGIONAL CROSS-COUNTRY T-SHIRTS: Multi-colored professionally printed REGIONAL CROSS-COUNTRY CHAMPIONSHIP T-SHIRTS designed by MSP Designs will be on sale onsite. Prices range \$20-\$40. PLEASE INFORM YOUR RUNNERS AND PARENTS. Cash or Charge will be accepted.

PARKING: Free Parking will be available on the fields adjacent to the course.

TEAM TENTS: There will be a designated area for team camps & tents. PLEASE LEAVE YOUR AREA CLEAN. A TRASH BAG WILL BE PROVIDED FOR EACH SCHOOL PLEASE TAKE YOUR TRASH WITH YOU. THERE IS NO TRASH PICKUP AT POLE GREEN PARK

JOINT CLASS 3 REGION B, CLASS 4 REGION B & CLASS 5 REGION C MEET TIME SCHEDULE

10:00 AM	3B TEAM PACKETS AVAILABLE
10:30 AM	3B REGION COACHES MEETING
11:00 AM	START 3B REGION GIRL'S VARSITY CHAMPIONSHIP RACE
11:40 AM	START 3B REGION BOYS' VARSITY CHAMPIONSHIP RACE
12:00 PM	4B/5C TEAM PACKETS AVAILABLE
12:30 PM	5C REGION COACHES MEETING
1:00 PM	START 5C REGION GIRLS' VARSITY CHAMPIONSHIP RACE
1:40 PM	START 5C REGION BOYS' VARSITY CHAMPIONSHIP RACE
2:10 PM	START GIRL'S 3B/4B/5C SUB-VARSITY RACE *

*The sub-varsity races will be joint races with Region 3B, Region 4B, and Region 5C athletes. There will be no team scores or awards, just an opportunity for your alternates and others (8-12 grades) not competing in the varsity championship races to get a time.

2:35 PM	4B REGION COACHES MEETING
2:55 PM	START BOYS' 3B/4B/5C SUB-VARSITY RACE *
3:35 PM	START 4B REGION GIRLS' VARSITY CHAMPIONSHIP RACE
4:15 PM	START 4B REGION BOYS' VARSITY CHAMPIONSHIP RACE

AWARDS PRESENTATIONS FOR THE CHAMPIONSHIP RACES WILL BE HELD ASAP FOLLOWING THE BOYS' CHAMPIONSHIP RACE IN EACH DIVISION AND CONFIRMATION OF THE TEAM AND INDIVIDUAL STATE QUALIFIERS.

TIMING/RESULTS: Timing is being provided by Blue Ridge Timing and we will have live results links on Milestat.com and blueridgetiming.com the day of the race.

STATE MEET INFO: State Meet Information and Format can be found [here](#) or at each meets milestat page. Each coach will enter their state qualifying runners through milesplit. All Coaches are required to enter their state-qualifying athletes and/or teams through milestat.com. NO Password Required! All entries must be done by 8pm on **Saturday, November 9th**.

*Each classification will have their own state meet page. Links will be added below as those pages are created. Currently they are copy and paste from past years and the information is not accurate.

Class 3: <https://va.milesplit.com/meets/633805-vhsl-class-3-state-xc-meet-2024>

Class 4: <https://va.milesplit.com/meets/633806-vhsl-class-4-state-xc-meet-2024>

Class 5: <https://va.milesplit.com/meets/633807-vhsl-class-5-state-xc-meet-2024>

DIRECTIONS:

Pole Green Park is located on Pole Green Road about 3 miles from the intersection of Pole Green Rd, and I-295. Upon entering the Park, stay on the main road past Pole Green Elementary School to the rear of the Park. The course is just past the skate park and softball fields.

From I-295:

Take Exit 38 A to Pole Green Road exit (Route 627). Continue East on Pole Green Road for 3.5 miles. Turn left onto Pole Green Park Lane. Continue on Pole Green Park Lane for about ½ mile to park entrance.

From I-95 South:

Follow I-95 North to I-64 East (Exit 75) toward Norfolk/RIC Airport. Continue on I-64 East for 1.4 miles until you reach US 360 East (Exit 192). Follow 360 East (Mechanicsville Turnpike) for 8.4 miles. Turn left onto Walnut Grove Road. Follow Walnut Grove for 0.8 miles. Turn left onto Pole Green Road. Follow Pole Green Road for 0.4 miles. Turn right onto Pole Green Park Lane. Follow Pole Green Park Lane for 1/2 mile to park entrance

From I-95 North:

Follow I-95 South to I-295 South (Exit 84A) on the left toward Rocky Mount, NC. Follow I-295 South for 5.5 miles until you reach Exit 38A (continue with directions listed above "from I-295").

From Hampton Roads/Williamsburg Area (I-64 West):

Follow I-64 West to I-295 North (Exit 200) toward Washington. Follow I-295 North for 10.3 miles until you reach Exit 38A (continue with directions listed above "from I-295").

From Charlottesville Area (I-64 East):

Follow I-64 East to I-295 South (Exit 177) toward Washington/Norfolk. Follow I-295 South for 14.7 miles until you reach Exit 38A (continue with directions listed above "from I-295").

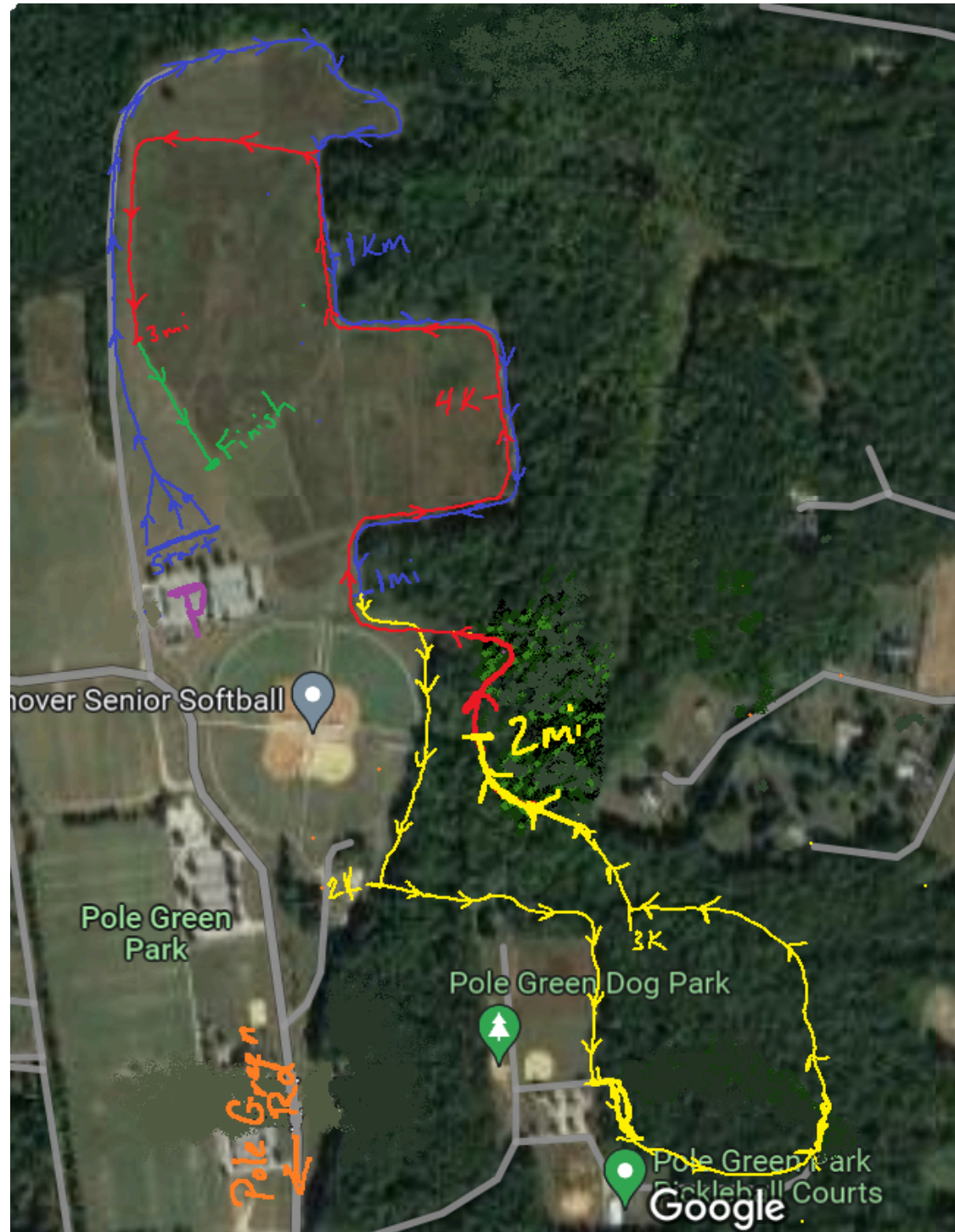
QUESTIONS:

3B Meet Director: - Ryan Webb: (cell) (804) 380-7594, (email) rwebb@gsgis.k12.va.us

4B Meet Director / Site Director: Neil Mathews (w) 723-2100, (cell) **339-5143**, (email) stuamathe@aol.com

5C Meet Director: - Adam Canning: (email) adam_canning@ccpsnet.net

Pole Green Park - Regional Championship Course Map



- mile 1
- mile 2
- mile 3
- last .1