

2015-2016 DISTRICT III M&T BANK CROSS COUNTRY CHAMPIONSHIPS

TO: District III Principals – Athletic Directors – Cross Country Coaches and Officials

FROM: Hal Griffiths, Cross Country Chairman

DATE: July 24, 2015

The District III Cross Country Championships will be held at Big Spring High School in Newville, PA

Saturday, October 31

Girls A 11:00 AM

Boys A 11:45 AM

A Girls & Boys Awards immediately following the A Boys race.

Girls AA 12:30 PM

Boys AA 1:30 PM

AA Girls & Boys Awards immediately following the AA Boys race.

Girls AAA 2:30 PM

Boys AAA 3:30 PM

AAA Girls & Boys Awards immediately following the AAA Boys race.

ADDITIONAL 2015–2016 DISTRICT 3 M&T BANK CROSS–COUNTRY
CHAMPIONSHIPS INFORMATION IS ON SUCCEEDING PAGES



ELIGIBILITY

STUDENTS MAY NOT PARTICIPATE unless they have run the following time(s) on a 3.1 (5,000m) mile course IN AN OFFICIAL HIGH SCHOOL MEET:

Girls A	-	25:00.0	Boys A	-	21:00.0
Girls AA	-	24:00.0	Boys AA	-	20:00.0
Girls AAA	-	23:00.0	Boys AAA	-	19:00.0

Exception: EVERY TEAM IN AA AND AAA THAT HAS A .500 TEAM RECORD MAY ENTER RUNNERS NOT MEETING THE QUALIFYING TIME SO THAT THE TEAM HAS FIVE RUNNERS AND IS CAPABLE OF SCORING IN THE MEET.

THE .500 RECORD REQUIREMENT DOES **NOT** APPLY TO CLASS A TEAMS. "A" SCHOOLS MAY ENTER ADDITIONAL RUNNERS NOT MEETING THE QUALIFYING TIME SO THAT THE TEAM HAS FIVE RUNNERS AND IS CAPABLE OF SCORING IN THE MEET.

POINT OF EMPHASIS: Forfeit victories may not count in your won/loss record, only victories in races won against schools competing as a team. You cannot count a team victory if your opponent had less than five participants in a race. *ALSO*, do not count results of invitationals in your won/loss record.

Note: Coaches may register a maximum of 8 runners, but only 7 may run in the meet.

Entry information MUST be submitted to www.runhigh.com by NOON on Monday, October 26. Instructions on page 3.

COURSE/FACILITY USAGE

It is absolutely prohibited for any team or individual to walk, jog or run the course prior to 2:00 pm on Friday, October 30th.

The course will be open from 2:00 PM until 6:00 PM on Friday, October 30. Coaches may pick up information packets during that time at the building by the finish line. Computer chips must be picked up on Saturday morning at the finish line.

NEW FOR 2015: For both safety and liability reasons: Neither dogs (except service dogs) nor bicycles will be allowed in the course area.

Parking for team buses on Friday and Saturday will be in the designated parking lot.

Parking for all spectators and fans Parking for all spectators and fans will be in the Big Spring HS parking lots and designated parking areas.



AWARDS

Awards will be presented immediately following the conclusion of each race (class) at the bleachers past the finish line. The following awards will be given:

- Top Ten (10) runners will be presented medals in Boys & Girls A.
- Top Twenty (20) runners will be presented medals in Boys & Girls AA
- Top Twenty (20) runners will be presented medals in Boys & Girls AAA
- Team Trophy for District Champion in each class.
- Ten medals will be awarded to the members of the District Team Champion in each class.

DISTRICT III STATE QUALIFIERS

Girls A: One (1) team and five (5) additional runners.

Girls AA: Three (3) teams and fifteen (15) additional runners.

Girls AAA: Four (4) teams and twenty (20) additional runners.

Boys A: One (1) team and five (5) additional runners.

Boys AA: Three (3) teams and fifteen (15) additional runners.

Boys AAA: Four (4) teams and twenty (20) additional runners.

Due to a board of control (PIAA) decision on July 22, 1993, the State Championships will determine team scores by "re-ranking". Our District Meet also will "re-rank" to determine the team scores. (All competitors who finish the race shall be ranked and tallied in accordance with their place of finish. The team score shall then be determined by totaling the points scored by the first five (5) finishers of each team. The team which scores the smallest number of points is the winner. If fewer than five (5) competitors of a team finish, the places of all members of that team shall be disregarded and the team scores "re-ranked".)

COURSE MARKINGS

The course will again be marked with directional flags + posts and a painted double white line.

Flag Designations: *Red Flag - - - Turn to the Left*
 Yellow Flag - Turn to the Right
 Blue Flag -- - Straight Ahead

ON-LINE REGISTRATION INFORMATION

All registrations must be done on the Runner's High web site: www.runhigh.com

Directions:

1. Go to www.runhigh.com.
2. Click on the [Click Here For Main Menu](#) line.
3. Click on [Cross Country Information](#).
4. Click [On-Line Cross Country Event Registration Information](#)
5. You do not need to read the page, simply go to the bottom and click [Enter System Now To Register, Edit, or View XC Meet Info](#).
6. If your school is not in the list of high schools, click on [Add Team](#). IF your school is already listed, double click on your school name, enter your password, and click on Verify Password and Proceed to edit your team.

For New Teams

7. Provide the information and click [Submit](#).
8. Click [Add Your Competitors](#).
9. Register a password two times and click [Change Password](#) OR enter your email as your password.

For New and Returning Teams

10. You are now on the page to submit entries. REMEMBER, you may not submit more than eight girls and eight guys. **Both girls and guys should be submitted together. Do not separate them into two teams!** Fill in first name, last name, class (use the numbers as explained at the top of the page), put a mark in the participation box, indicate gender, and click [ADD](#). Do this for each runner.
11. After you have submitted the information for each runner, click on [Assign your school to a race](#) at the bottom of the page.
12. Now double click on the [PIAA District III XC Championships](#) race.
13. Click OK.
14. Click on School List at the bottom to make sure your school is listed.

ALL ENTRIES MUST BE RECEIVED BY NOON ON MONDAY, OCTOBER 26, 2015

Note: Coaches may enter a maximum of 8 runners, but only 7 can run at the meet.

Please contact Hal Griffiths if you have a problem or if you need further information.

School-- 717-737-3550 Cell--717-802-5334 Email--hgriffiths@yahoo.com

2015-16 School Classifications for Boys Cross Country

<u>Camp Hill High School</u>	A	151
<u>Columbia High School</u>	A	162
<u>Covenant Christian Academy</u>	A	19
<u>Delone Catholic High School</u>	A	166
<u>Fairfield High School</u>	A	162
<u>Kutztown Area High School</u>	A	182
<u>Tulpehocken High School</u>	A	196
<u>Veritas Academy</u>	A	23
<u>West Shore Christian Academy</u>	A	37
<u>York Catholic High School</u>	A	151
<u>Anville Cleona High School</u>	AA	221
<u>Berks Catholic High School</u>	AA	267
<u>Bermudian Springs High School</u>	AA	286
<u>Big Spring High School</u>	AA	358
<u>Biglerville High School</u>	AA	215
<u>Bishop McDevitt High School</u>	AA	303
<u>Boiling Springs High School</u>	AA	268
<u>Conrad Weiser High School</u>	AA	357
<u>Donegal High School</u>	AA	351
<u>East Pennsboro High School</u>	AA	350
<u>Eastern Lebanon County High School</u>	AA	340
<u>Eastern York High School</u>	AA	306
<u>Fleetwood Area High School</u>	AA	356
<u>Gettysburg Area High School</u>	AA	358
<u>Hamburg Area High School</u>	AA	297
<u>James Buchanan High School</u>	AA	365
<u>Kennard Dale High School</u>	AA	336
<u>Lancaster Catholic High School</u>	AA	233
<u>Lancaster Mennonite High School</u>	AA	218
<u>Littlestown High School</u>	AA	281
<u>Middletown Area High School</u>	AA	300
<u>Milton Hershey High School</u>	AA	337
<u>Northern Lebanon High School</u>	AA	330
<u>Oley Valley High School</u>	AA	250
<u>Palmyra Area High School</u>	AA	397
<u>Schuylkill Valley High School</u>	AA	237
<u>Susquehanna Township High School</u>	AA	344
<u>Susquehannock High School</u>	AA	347
<u>Susquenita High School</u>	AA	222
<u>Trinity High School</u>	AA	201
<u>West Perry High School</u>	AA	357

<u>West York Area High School</u>	AA	367
<u>Wyomissing Area High School</u>	AA	276
<u>York Suburban High School</u>	AA	356
<u>Carlisle High School</u>	AAA	590
<u>Cedar Cliff High School</u>	AAA	548
<u>Cedar Crest High School</u>	AAA	633
<u>Central Dauphin East High School</u>	AAA	662
<u>Central Dauphin High School</u>	AAA	829
<u>Central York High School</u>	AAA	673
<u>Chambersburg Area High School</u>	AAA	1118
<u>Cocalico High School</u>	AAA	407
<u>Conestoga Valley High School</u>	AAA	577
<u>Cumberland Valley High School</u>	AAA	1038
<u>Dallastown Area High School</u>	AAA	694
<u>Daniel Boone High School</u>	AAA	450
<u>Dover Area High School</u>	AAA	409
<u>Elizabethtown Area High School</u>	AAA	489
<u>Ephrata Area High School</u>	AAA	505
<u>Exeter Township High School</u>	AAA	565
<u>Garden Spot High School</u>	AAA	462
<u>Governor Mifflin High School</u>	AAA	540
<u>Greencastle Antrim High School</u>	AAA	413
<u>Hempfield High School</u>	AAA	961
<u>Hershey High School</u>	AAA	486
<u>J P McCaskey High School</u>	AAA	1275
<u>Lampeter Strasburg High School</u>	AAA	401
<u>Lebanon High School</u>	AAA	507
<u>Lower Dauphin High School</u>	AAA	499
<u>Manheim Central High School</u>	AAA	402
<u>Manheim Township High School</u>	AAA	748
<u>Mechanicsburg Area High School</u>	AAA	489
<u>Muhlenberg High School</u>	AAA	487
<u>New Oxford High School</u>	AAA	490
<u>Northeastern High School</u>	AAA	429
<u>Northern York High School</u>	AAA	439
<u>Penn Manor High School</u>	AAA	712
<u>Reading High School</u>	AAA	2138
<u>Red Land High School</u>	AAA	454
<u>Red Lion Area High School</u>	AAA	807
<u>Shippensburg Area High School</u>	AAA	419
<u>Solanco High School</u>	AAA	484
<u>South Western High School</u>	AAA	499
<u>Spring Grove Area High School</u>	AAA	436
<u>Twin Valley High School</u>	AAA	411
<u>Warwick High School</u>	AAA	617



<u>Waynesboro Area High School</u>	AAA	501
<u>Wilson Senior High School</u>	AAA	766
<u>York County School Of Technology</u>	AAA	576

2015-16 School Classifications for Girls Cross Country

<u>Camp Hill High School</u>	A	142
<u>Columbia High School</u>	A	131
<u>Covenant Christian Academy</u>	A	22
<u>Delone Catholic High School</u>	A	183
<u>Fairfield High School</u>	A	157
<u>Kutztown Area High School</u>	A	186
<u>Tulpehocken High School</u>	A	195
<u>Veritas Academy</u>	A	18
<u>West Shore Christian Academy</u>	A	39
<u>York Catholic High School</u>	A	161
<u>Annville Cleona High School</u>	AA	207
<u>Berks Catholic High School</u>	AA	278
<u>Bermudian Springs High School</u>	AA	242
<u>Big Spring High School</u>	AA	358
<u>Biglerville High School</u>	AA	210
<u>Bishop McDevitt High School</u>	AA	273
<u>Boiling Springs High School</u>	AA	264
<u>Conrad Weiser High School</u>	AA	364
<u>Donegal High School</u>	AA	358
<u>East Pennsboro High School</u>	AA	330
<u>Eastern Lebanon County High School</u>	AA	289
<u>Eastern York High School</u>	AA	282
<u>Fleetwood Area High School</u>	AA	363
<u>Gettysburg Area High School</u>	AA	371
<u>Greencastle Antrim High School</u>	AA	379
<u>Hamburg Area High School</u>	AA	265
<u>James Buchanan High School</u>	AA	336
<u>Kennard Dale High School</u>	AA	338
<u>Lancaster Catholic High School</u>	AA	232
<u>Lancaster Mennonite High School</u>	AA	226
<u>Littlestown High School</u>	AA	252
<u>Middletown Area High School</u>	AA	293
<u>Milton Hershey High School</u>	AA	365
<u>Northern Lebanon High School</u>	AA	248
<u>Northern York High School</u>	AA	358
<u>Oley Valley High School</u>	AA	228
<u>Schuylkill Valley High School</u>	AA	253
<u>Susquehanna Township High School</u>	AA	323

<u>Susquehannock High School</u>	AA	366
<u>Susquenita High School</u>	AA	234
<u>Trinity High School</u>	AA	190
<u>West Perry High School</u>	AA	361
<u>West York Area High School</u>	AA	360
<u>Wyomissing Area High School</u>	AA	213
<u>York Suburban High School</u>	AA	355
<u>Carlisle High School</u>	AAA	653
<u>Cedar Cliff High School</u>	AAA	513
<u>Cedar Crest High School</u>	AAA	591
<u>Central Dauphin East High School</u>	AAA	624
<u>Central Dauphin High School</u>	AAA	682
<u>Central York High School</u>	AAA	663
<u>Chambersburg Area High School</u>	AAA	1107
<u>Cocalico High School</u>	AAA	468
<u>Conestoga Valley High School</u>	AAA	500
<u>Cumberland Valley High School</u>	AAA	1012
<u>Dallastown Area High School</u>	AAA	701
<u>Daniel Boone High School</u>	AAA	483
<u>Dover Area High School</u>	AAA	399
<u>Elizabethtown Area High School</u>	AAA	510
<u>Ephrata Area High School</u>	AAA	502
<u>Exeter Township High School</u>	AAA	549
<u>Garden Spot High School</u>	AAA	429
<u>Governor Mifflin High School</u>	AAA	486
<u>Hempfield High School</u>	AAA	895
<u>Hershey High School</u>	AAA	449
<u>J P McCaskey High School</u>	AAA	1215
<u>Lampeter Strasburg High School</u>	AAA	401
<u>Lebanon High School</u>	AAA	490
<u>Lower Dauphin High School</u>	AAA	471
<u>Manheim Central High School</u>	AAA	393
<u>Manheim Township High School</u>	AAA	677
<u>Mechanicsburg Area High School</u>	AAA	464
<u>Muhlenberg High School</u>	AAA	446
<u>New Oxford High School</u>	AAA	507
<u>Northeastern High School</u>	AAA	387
<u>Palmyra Area High School</u>	AAA	449
<u>Penn Manor High School</u>	AAA	694
<u>Reading High School</u>	AAA	1909
<u>Red Land High School</u>	AAA	477
<u>Red Lion Area High School</u>	AAA	680
<u>Shippensburg Area High School</u>	AAA	447
<u>Solanco High School</u>	AAA	483
<u>South Western High School</u>	AAA	456



<u>Spring Grove Area High School</u>	AAA	444
<u>Twin Valley High School</u>	AAA	391
<u>Warwick High School</u>	AAA	556
<u>Waynesboro Area High School</u>	AAA	527
<u>Wilson Senior High School</u>	AAA	680
<u>York County School Of Technology</u>	AAA	726