

DISTRICT III M&T BANK CROSS COUNTRY CHAMPIONSHIPS

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

FROM: Hal Griffiths, Cross Country Chairman

DATE: August 1, 2012

The District III Cross Country Championships will again be held at the Parkview Cross Country Course. It is located behind the Hershey Giant Center.

Wednesday, October 24

Girls A 11:30 am

Girls AA 12:15 PM

Girls AAA 1:15 PM

Boys A 2:15 PM

Boys AA 3:15 PM

Boys AAA 4:15 PM

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 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.

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 in 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 Thursday, October 18. Instructions on page 3.

COURSE/FACILITY USAGE

It is absolutely prohibitive for any team or individual to walk, jog or run the course prior to 2:00 pm on Tuesday, October 23rd. Also, the use of the Giant Center is prohibited to teams, runners, coaches or fans at all times!

The course will be open from 2:00 PM until dusk on Tuesday, October 23. Coaches may pick up information packets during that time at the trailer by the finish line. Computer chips must be picked up on Wednesday morning at the trailer.

CHIPS AND BIB NUMBERS

We will again be using the computer chip scoring system this year with the Finish Linx cameras. Each competitor will be assigned a bib number and a computer chip for a shoe. Chips must be picked up by coaches on race day. Chips will NOT be given out prior to the day of the race.

Parking for team buses on Tuesday and Wednesday will be in the designated Giant Center parking lot. **Parking for all spectators and fans** will be in the Hershey Giant Center parking lot.

All fans, runners, and coaches must cross the road from the parking area at the designated spots.

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:

Four (4) teams and twenty (20) 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 2012-10-24 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 THURSDAY, OCTOBER 18, 2012

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 (ext. 157) Cell--717-802-5334 Email--hgriffiths@yahoo.com

DISTRICT III SCHOOLS THAT HAVE DECLARED CROSS COUNTRY

AAA GIRLS (44)	AA GIRLS (35)	AAA BOYS (43)	AA BOYS (38)
Carlisle	Berks Catholic	Carlisle	Annvile Cleona
Cedar Cliff	Bermudian Springs	Cedar Cliff	Berks Catholic
Cedar Crest	Big Spring	Cedar Crest	Bermudian Spring
Central Dauphin	Biglerville	Central Dauphin	Big Spring
Central Dauphin East	Bishop McDevitt	Central Dauphin East	Bishop McDevitt
Central York	Boiling Springs	Central York	Boiling Springs
Chambersburg	Conrad Weiser	Chambersburg	Conrad Weiser
Cocalico	Donegal	Cocalico	Donegal
Conestoga Valley	East Pennsboro	Conestoga Valley	Dover
Cumberland Valley	Eastern Lebanon County	Cumberland Valley	East Pennsboro
Dallastown	Eastern York	Dallastown	Eastern Lebanon Co
Daniel Boone	Fleetwood	Daniel Boone	Eastern York
Dover	Greencastle Antrim	Elizabethtown	Fleetwood
Elizabethtown	Hamburg	Ephrata	Gettysburg
Ephrata	James Buchanan	Exeter Township	Greencastle Antr.
Exeter Township	Kennard Dale	Garden Spot	Hamburg
Garden Spot	Kutztown	Governor Mifflin	James Buchanan
Gettysburg	Lancaster Catholic	Harrisburg	Kennard Dale
Governor Mifflin	Lancaster Mennonite	Hempfield	Kutztown
Hempfield	Littlestown	Hershey	Lancaster Catholic
Hershey	Middletown	J.P. McCaskey	Lancaster Mennonite
J.P. McCaskey	Milton Hershey	Lampeter-Strasburg	Littlestown
Lampeter-Strasburg	Northern Lebanon	Lebanon	Manheim Central
Lebanon	Northern York	Lower Dauphin	Middletown
Lower Dauphin	Oley Valley	Manheim Township	Milton Hershey
Manheim Central	Palmyra	Mechanicsburg	Northeastern
Manheim Township	Schuylkill Valley	Muhlenberg	Northern Lebanon
Mechanicsburg	Susquehanna Twp.	New Oxford	Oley Valley
Muhlenberg	Susquehannock	Northern York	Palmyra
New Oxford	Susquenita	Penn Manor	Schuylkill Valley
Northeastern	Trinity	Reading	Susquehanna Twp.
Penn Manor	West Perry	Red Land	Susquehannock
Reading	West York	Red Lion	Susquenita
Red Land	Wyomissing	Shippensburg	Trinity
Red Lion	York Suburban	Solanco	Tulpehocken
Shippensburg		South Western	West Perry
Solanco		Spring Grove	Wyomissing
South Western	A GIRLS (12)	Twin Valley	York Suburban
Spring Grove	Annvile Cleona	Warwick	A BOYS (11)
Twin Valley	Bible Baptist	Waynesboro	Bible Baptist
Warwick	Camp Hill	West York	Biglerville
Waynesboro	Christian School of York	Wilson	Camp Hill
Wilson	Columbia	York Co. School of Technology	Chr. School York
York Co. School of Technology	Covenant Christian		Columbia
	Delone Catholic		Covenant Christian
	Fairfield		Delone Catholic
	Steelton Highspire		Fairfield
	Tulpehocken		Steelton Highspire
	Veritas Academy		Veritas Academy
	York Catholic		York Catholic

