

PIAA DISTRICT III M&T BANK CROSS COUNTRY CHAMPIONSHIPS

TO: District III Principals – Athletic Directors – Cross Country Coaches - Officials
FROM: Hal Griffiths, Cross Country Chairman
DATE: June 6, 2016

The PIAA District III M&T Bank Cross Country Championships will be held at Big Spring High School in Newville, PA

Saturday, October 29, 2016

Girls 1A 11:00 AM

Boys 1A 11:45 AM

1A Girls & Boys Awards immediately following the 1A Boys race.

Girls 2A 12:30 PM

Boys 2A. 1:15 PM

2A Girls & Boys Awards immediately following the 2A Boys race.

Girls 3A 2:15 PM

Boys 3A 3:00 PM

3A Girls & Boys Awards immediately following the 3A Boys race.

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 1A	-	25:00.0	Boys 1A	-	21:00.0
Girls 2A	-	24:00.0	Boys 2A	-	20:00.0
Girls 3A	-	23:00.0	Boys 3A	-	19:00.0

Exception: EVERY TEAM IN 2A AND 3A 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 1A TEAMS. “1A” 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 24. 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 **3:00 pm** on Friday, October 28th. This is one hour later than previous years.

The course will be open from 3:00 PM until 5:30 PM on Friday, October 28. 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 building.

Big Spring HS is in session on the 28th. Please do not arrive prior to 3:00!!!

NEW in 2016: The chute stretching from the finish line to the end of the barriers is designated as part of the area of competition. Removal of part of the team uniform (except shoes) is illegal and grounds for disqualification.

CHIPS AND BIB NUMBERS

We will again be using the computer chip scoring system this year with the FinishLynx 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.

There is a per chip charge to your school of **\$30** for each chip that is not returned. Chips that are returned after the PIAA state meet will incur a **\$10** charge to cover postage and handling.

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

Parking for all spectators and fans will be in the Big Spring HS parking lot.

AWARDS

Awards will be presented immediately following the conclusion of each 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 1A.
- Top Twenty (20) runners will be presented medals in Boys & Girls 2A
- Top Twenty (20) runners will be presented medals in Boys & Girls 3A
- Team Trophy for District Champion in each class.
- Ten medals will be awarded to the members of the District Team Champion in each class.



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

DISTRICT III STATE QUALIFIERS

- Girls 1A: Two (2) teams and ten (10) additional runners.
- Girls 2A: Three (3) teams and fifteen (15) additional runners.
- Girls 3A: Four (4) teams and twenty (20) additional runners.
- Boys 1A: Two (2) teams and ten (10) additional runners.
- Boys 2A: Three (3) teams and fifteen (15) additional runners.
- Boys 3A: 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".)

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 boys. **Both girls and boys 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 24, 2016

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

**2016-2017 PIAA CLASSIFICATIONS AND ENROLLMENTS FOR ALL
DISTRICT III CROSS-COUNTRY SCHOOLS BEGIN ON THE NEXT PAGE**



District 3 Girls Cross Country

<u>School</u>	<u>Classification</u>	<u>Female Enrollment</u>
Annville Cleona High School	1A	180
Biglerville High School	1A	179
Camp Hill High School	1A	138
Christian School Of York	1A	39
Columbia High School	1A	144
Covenant Christian Academy	1A	20
Dayspring Christian Academy	1A	32
Delone Catholic High School	1A	177
Fairfield High School	1A	147
Harrisburg Christian School	1A	21
Kutztown Area High School	1A	183
Linden Hall	1A	90
Susquenita High School	1A	183
Tulpehocken High School	1A	169
Veritas Academy	1A	27
West Shore Christian Academy	1A	50
York Catholic High School	1A	163
Berks Catholic High School	2A	309
Bermudian Springs High School	2A	238
Big Spring High School	2A	345
Bishop McDevitt High School	2A	289
Boiling Springs High School	2A	242
Conrad Weiser High School	2A	341
East Pennsboro Area High School	2A	314
Eastern Lebanon County High School	2A	271
Eastern York High School	2A	240
Fleetwood Area High School	2A	325
Gettysburg Area High School	2A	352
Greencastle Antrim High School	2A	348
Hamburg Area High School	2A	256
James Buchanan High School	2A	314
Kennard Dale High School	2A	289
Lancaster Catholic High School	2A	255
Lancaster Mennonite High School	2A	219
Littlestown High School	2A	237
Manheim Central High School	2A	332



<u>School</u>	<u>Classification</u>	<u>Female Enrollment</u>
Middletown Area High School	2A	210
Northern Lebanon High School	2A	265
Northern York High School	2A	356
Oley Valley High School	2A	203
Schuylkill Valley High School	2A	253
Shippensburg Area High School	2A	337
Susquehanna Township High School	2A	273
Susquehannock High School	2A	356
Trinity High School	2A	215
West Perry High School	2A	306
West York Area High School	2A	318
Wyomissing Area High School	2A	251
York Suburban High School	2A	316
Carlisle High School	3A	593
Cedar Cliff High School	3A	474
Cedar Crest High School	3A	561
Central Dauphin East High School	3A	498
Central Dauphin High School	3A	617
Central York High School	3A	689
Chambersburg Area High School	3A	805
Cocalico High School	3A	399
Conestoga Valley High School	3A	501
Cumberland Valley High School	3A	992
Dallastown Area High School	3A	709
Daniel Boone High School	3A	443
Donegal High School	3A	366
Dover Area High School	3A	371
Elizabethtown Area High School	3A	473
Ephrata Area High School	3A	469
Exeter Township High School	3A	523
Garden Spot High School	3A	399
Governor Mifflin High School	3A	469
HEMPFIELD HIGH SCHOOL	3A	820
Hershey High School	3A	423
J P McCaskey High School	3A	1138
Lampeter Strasburg High School	3A	362
Lebanon High School	3A	452
Lower Dauphin High School	3A	413
Manheim Township High School	3A	643



<u>School</u>	<u>Classification</u>	<u>Female Enrollment</u>
Mechanicsburg Area High School	3A	451
Milton Hershey High School	3A	358
Muhlenberg High School	3A	445
New Oxford High School	3A	466
Northeastern High School	3A	398
Palmyra Area High School	3A	426
Penn Manor High School	3A	635
Reading High School	3A	1593
Red Land High School	3A	438
Red Lion Area High School	3A	548
Solanco High School	3A	432
South Western High School	3A	446
Spring Grove Area High School	3A	379
Twin Valley High School	3A	435
Warwick High School	3A	482
Waynesboro Area High School	3A	502
Wilson High School	3A	673
York County School Of Technology	3A	569

District 3 Boys Cross Country

School	Classification	Male Enrollment
Camp Hill High School	1A	160
Christian School Of York	1A	42
Columbia High School	1A	164
Covenant Christian Academy	1A	14
Dayspring Christian Academy	1A	24
Delone Catholic High School	1A	179
Fairfield High School	1A	129
Harrisburg Christian School	1A	37
Kutztown Area High School	1A	166
Logos Academy High School	1A	12
Northern Dauphin Christian School	1A	3
Tulpehocken High School	1A	172
Veritas Academy	1A	23
West Shore Christian Academy	1A	41
York Catholic High School	1A	165



District 3 Boys Cross Country

School	Classification	Male Enrollment
Annville Cleona High School	2A	202
Berks Catholic High School	2A	290
Bermudian Springs High School	2A	250
Big Spring High School	2A	347
Biglerville High School	2A	223
Bishop McDevitt High School	2A	291
Boiling Springs High School	2A	239
Conrad Weiser High School	2A	333
Donegal High School	2A	364
East Pennsboro Area High School	2A	323
Eastern Lebanon County High School	2A	282
Eastern York High School	2A	282
Fleetwood Area High School	2A	357
Gettysburg Area High School	2A	378
Greencastle Antrim High School	2A	380
Hamburg Area High School	2A	305
James Buchanan High School	2A	300
Kennard Dale High School	2A	301
Lancaster Catholic High School	2A	221
Lancaster Mennonite High School	2A	205
Littlestown High School	2A	248
Middletown Area High School	2A	275
Milton Hershey High School	2A	359
Northern Lebanon High School	2A	299
Oley Valley High School	2A	231
Schuylkill Valley High School	2A	236
Shippensburg Area High School	2A	353
Susquehanna Township High School	2A	301
Susquehannock High School	2A	352
Susquenita High School	2A	222
Trinity High School	2A	192
West Perry High School	2A	328
West York Area High School	2A	336
Wyomissing Area High School	2A	251
York Suburban High School	2A	332



District 3 Boys Cross Country

School	Classification	Male Enrollment
Carlisle High School	3A	601
Cedar Cliff High School	3A	520
Cedar Crest High School	3A	523
Central Dauphin East High School	3A	564
Central Dauphin High School	3A	663
Central York High School	3A	725
Chambersburg Area High School	3A	844
Cocalico High School	3A	400
Conestoga Valley High School	3A	563
Cumberland Valley High School	3A	1021
Dallastown Area High School	3A	784
Daniel Boone High School	3A	456
Dover Area High School	3A	398
Elizabethtown Area High School	3A	496
Ephrata Area High School	3A	476
Exeter Township High School	3A	490
Garden Spot High School	3A	436
Governor Mifflin High School	3A	530
HEMPFIELD HIGH SCHOOL	3A	906
Hershey High School	3A	434
J P McCaskey High School	3A	1040
Lampeter Strasburg High School	3A	385
Lebanon High School	3A	543
Lower Dauphin High School	3A	467
Manheim Central High School	3A	402
Manheim Township High School	3A	720
Mechanicsburg Area High School	3A	472
Muhlenberg High School	3A	461
New Oxford High School	3A	481
Northeastern High School	3A	430
Northern York High School	3A	384
Palmyra Area High School	3A	417
Penn Manor High School	3A	663
Reading High School	3A	1770
Red Land High School	3A	444



District 3 Boys Cross Country

School	Classification	Male Enrollment
Red Lion Area High School	3A	637
Solanco High School	3A	476
South Western High School	3A	475
Spring Grove Area High School	3A	423
Twin Valley High School	3A	431
Warwick High School	3A	575
Waynesboro Area High School	3A	472
Wilson High School	3A	795
York County School Of Technology	3A	754

