

**19-6A Cross-Country District Meet**

Thursday, October 13, 2022

Paul Rushing Park (Allyson Weinholzer, 713-274-4196, aweinholzer@hcp4.net)

Rain Make-Up: Friday, October 14 or Saturday, October 15

**Paul Rushing Park or Seven Lakes High School****Officials**

Pat Dowling – Meet Director  
 Pat Dowling – Meet Referee  
 Erin Atwood - Head Finish Judge  
 TBD – Assistant Finish Judge  
 Bubba Fife – Starter  
 David Youngblood – Asst. Starter  
 Joe Sheffy – Asst. Starter  
 Greg Zarate – Timing / Clerk

**Divisions**

Girls – Varsity, Junior Varsity, Freshman, Extras  
 Boys – Varsity, Junior Varsity, Freshman, Extras

**Schedule – subject to adjustment**

7:00 a.m. Coaches Meeting  
 7:30 a.m. Varsity Girls (5K)  
 8:00 a.m. Varsity Boys (5K)  
 8:30 a.m. JV Girls (5K)  
 9:00 a.m. JV Boys (5K)  
 9:30 a.m. Frosh Girls (2 Mile)  
 9:50 a.m. Frosh Boys (2 Mile)  
 10:10 a.m. Extras (Boys & Girls – 2M/5K)  
 10:45 a.m. Awards

**Key Dates**

Oct 15 – District Certification  
 Oct 24-25 – Regional Meet  
 Times TBD  
 Nov 4-5 – State Meet  
 Times TBD

**Regional Meet Info**

- Top 3 teams/top 10 individuals advance
- **Date – Oct 24-25**
- Location – Huntsville
- Director – Dave Self
- Race Times TBD

**Awards****Varsity**

- Team Champion Plaque
- Team Runner-Up Plaque
- Medals – Top 10 places
- Medals – 1<sup>st</sup> place team x 7

**JV / Frosh Boys and Girls**

- Team Champion Plaque
- Medals – Top 10 places
- Medals – 1<sup>st</sup> place team x 7

**All-District**1<sup>st</sup> Team – Top 7 finishers2<sup>nd</sup> Team- Places 8-14

Honorable Mention –Places 15-21

Boys and Girls Coach of the Year  
 (as selected by district head coaches)

**ENTRIES AND GUIDELINES**

- Entries due **October 7** as per instructions provided by Run Houston Timing.
- Each school must compete in varsity division in order to compete in sub-varsity division(s).
- Minimum of five (5), maximum of seven (7), varsity runners.
- Maximum of seven (7) runners in each of the other point earning divisions.
- Seniors not running as part of varsity team and all other “no-pointer” runners must compete in the ‘extras’ race.
- No pacing from coaches or volunteers.
- Run Houston Timing will provide timing services.

Box Assignments as drawn on **October 7** – Left to right facing the course:

Box 1- ; Box 2-; Box 3-; Box 4-; Box 5-; Box 6-; Box 7-; Box 8-; Box 9-