

Mid State Cross Country Association

Middle School Championships

Macon County High School, Saturday, October 17, 2009

Schedule

Course Walk-through	10:00
Championship Races	
Girls Race (2 miles, 10 runners per team)	10:30
Boys Race (2 miles, 10 runners per team)	11:00
Girls JV Race (2 miles, remaining runners, no limits)	11:30
Boys JV Race (2 miles, remaining runners, no limits)	12:00
Adult Run (1.5 miles, 19 years and older)	12:30

Awards

Middle School Championship	Trophies	Top 5 Teams
	25 Medals	Top 25 Finishers
Junior Varsity	20 Ribbons	Top 20 Finishers
Adult Run	5 Medals	Top 5 Males & Females

The Mid State Cross Country Association Middle School Championships will serve as a qualifying meet for the **KTC / Tennessee Runner.com Middle School XC State Championship Meet**. The Championship race will cover a distance of 2 miles, the same distance as the state meet. Each team in the Championship Division will be limited to 10 runners. The top 5 teams will qualify for State Meet, and the top 25 finishers not on a top 5 team will qualify as individuals. Remaining runners (above the 10 varsity runners.)

Fees

Expenses for this meet are not covered in your mid state fees. The fee for each team entered will be \$30.00. If you enter both a boys and a girl's team the fee will be \$50.00. If you enter less than 5 runners in any race the cost will be \$5.00 per runner. If you pay for a varsity team there is no charge for J.V. Teams. Adult run is \$5.00 per runner.

Entrance

We will use bibs for this race. Please fax, email, or mail your team roster to Coach Gattis at Macon County High School by Thursday, October 15. You may use the TSSAA Cross Country Entrance Form. Email: gattisg@k12tn.net Fax: (615) 666-4757 Macon County High School, Box 338, Lafayette, Tn. 37083

West Region - West of the Tennessee River.

Middle Region - Tennessee river to a line drawn north and south diagonally through Cookville and Tullahoma.

Tri-Cities Region - everything north and east from the Cookville/Tullahoma line and Morristown.

Knoxville Region - East of the Cookville/Tullahoma line and between Morristown and Sweetwater.

Chattanooga Region - Everything south and east of Sweetwater and the Cookville/Tullahoma line.