



## Race Information

- Distance** : 2 Miles - Middle School  
1 Mile - Elementary School
- Terrain** : Rolling Hills, Turf, Spikes Okay
- Eligibility** : Middle School Runners Only  
(No High School Runners)
- Scoring** : Top 5 Finishers Score,  
Displacement Thru Position 8.
- Fees** : \$50 per TEAM  
(5 Runners or More)  
\$10 per Individual
- Entries** : <http://tn.milesplit.us/meets/48288>  
(Online Registration at this Site.  
If unable to register on-line,  
contact the Race Directors below.)

## Race Directors

Steve Wills <a href="mailto:jswills@utmem.edu">jswills@utmem.edu</a> (H) 901-684-1210 (C) 901-355-3036	Kevin Raney <a href="mailto:raney01k@bellsouth.net">raney01k@bellsouth.net</a> (H) 901-761-1580 (C) 901-337-5354
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*Young and old, big and small,  
come one and come all!*

West Tennessee Middle School Cross Country Regional Championships  
C/O Steve Wills  
12 S. Rose Rd.  
Memphis, TN 38117



# 2009 West Tennessee Middle School Cross Country Regional Championships & Elementary School Races

Saturday, October 17<sup>th</sup>, 2009  
Shelby Farms, Memphis, TN

*Qualifying Meet for  
2009 Tennessee Middle School  
Cross Country State Championships*

## Hittin' the charts ...



**C**hampionship time. Cool weather, fast times, big meets. It's Cross Country at its best. So, lace 'em up tight and get to the line, because time for talking is over - it's time to go racing!

The 2009 West Tennessee Middle School Cross Country Regional Championship will bring together "XC" teams from West Tennessee schools to find out who will be called the Best in the West. At stake will be qualifying berths for the State Championships in Knoxville.

West Tennessee's Middle School XC teams and individuals now have a chance to reap the rewards of all those weeks and months of tough training. A new 2-mile course at Shelby Farms, friendly to spectators and challenging to runners, will allow each competitor to do their talking with their feet.

### YOUR ATTENTION, PLEASE!

This year, for the first time, younger siblings and schoolmates also have a chance to show their stuff.

There will be a 1 Mile race for all 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders on a course over the same ground that the "big kids" race.

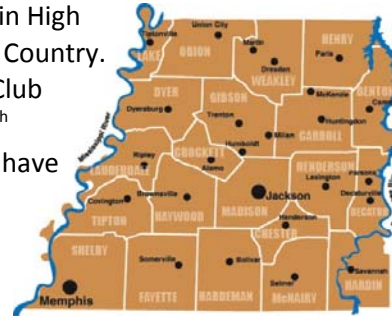


## ... on a bullet.

### West Tennessee Region

This Regional Championship Meet is open to all Middle School teams and individuals in West Tennessee, grades 6 - 8\*, who have not participated in High School Cross Country.

"All Star" & Club teams and 8<sup>th</sup> graders who have run as a member of a High School squad are *not* eligible.



\* (5<sup>th</sup> graders may run in Middle School race if they attend school on the same physical campus as the 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> graders.)

### State Qualifiers

- ▶ Teams - Top 5 Teams
- ▶ Individuals - Top 25 Finishers  
Not on a Qualifying Team

The Tennessee Middle School Cross Country State Championship is hosted by the Knoxville Track Club. It takes place at Victor Ashe Park in Knoxville on Saturday, October 24th, 2009.

More information about "State" is at:

<http://tn.milesplit.us/meets/43588>

## Your Playlist



### Schedule

- ▶ 12:00pm Packet Pickup & Course Walk-Thru
- ▶ 1:00pm Course Closes
- ▶ 1:20pm Elementary School Races (Girls & Boys)
- ▶ 1:40pm Girls' Middle School Championship
- ▶ 2:20pm Boys' Middle School Championship
- ▶ 3:00pm Awards



## Solid Gold

### Awards

- ▶ Middle School
  - ▣ Teams - Top 3 Earn Plaques
  - ▣ Individuals - Top 20 Earn Medals
- ▶ Elementary School - Ribbons for All Finishers